



Herndon

Programs & Events Guide

SPRING 10



Four-Time
Gold Medal Winner

• Easter Egg Hunt • Fishing Derby • Swimming



Herndon Community Center • 814 Ferndale Avenue • Herndon, VA 20170
703-787-7300 • www.herndon-va.gov

Mission Statement

"Promoting a sense of community and enriching the quality of life." The Town of Herndon Parks and Recreation Department aspires to enrich the lives of its residents, serve as stewards of Town resources, and foster a sense of community by providing diverse, accessible and valued parks, facilities and recreation programs in addition to those provided by Fairfax County.

HERNDON COMMUNITY CENTER HOURS

Daylight Savings Time Begins March 14

Monday-Friday 6am-9:30pm
Saturday & Sunday 7am-6pm

No admittance after 9:30pm.
The building closes at 10pm.

Holiday Hours

Easter Sunday
April 4: 11am-6pm
Memorial Day Weekend
May 29-30: Regular Hours
Memorial Day
May 31: 8am-8pm

Parks & Recreation Office Hours

M-F 8:30am-5:30pm
Office Closed – May 31

PHONE

Pool, Racquetball, & Rentals
703-787-7300 or 703-435-6868

Hearing Impaired Relay
1-800-828-1120 -TDD

Fax
703-318-8652

Touchtone Registration
703-707-2662

Participants in activities sponsored or cosponsored by the Parks & Recreation Department consent to the department's use of any photograph, film, or videotape of the activity in any marketing or promotional materials.

Gift Certificates

A gift certificate to the Herndon Community Center is a welcome gift for all ages and can be used for passes, classes, fitness center, racquetball, swimming, performing arts events, and trips. Purchase gift certificates in any amount at the Herndon Community Center, or order by phone (703-787-7300) with a credit card.

ADMISSIONS AND PASSES

Daily

Adults \$5/\$6.25
Seniors \$3.75/\$5.25
Youth \$4.50/\$4.50

25-Admission Pass

Adults \$87.50/\$140
Seniors \$65.75/\$105
Youth \$78.75/\$78.75

Monthly 30-Day Pass

Adult \$43/\$61
2 Person Adult Married \$67/\$95
Single Senior \$30/\$56
Single Youth \$30/\$30
Senior 2-Person Married \$47/\$88
Dependent Youth \$11/\$15

(with paid adult pass)

6-Month Pass¹

Adult \$212/\$303
2-Person Adult Married \$333/\$476
Single Senior/Youth \$197/\$281
Senior 2-Person Married \$309/\$442
Dependent Youth \$53/\$75

(with paid adult pass)

Annual Pass²

Adult \$381/\$545
2 Person Adult Married \$599/\$856
Single Senior \$267/\$506
Senior 2-Person Married \$419/\$795
Youth Single \$267/\$267
Dependent Youth \$95/\$136

(with paid adult pass)

**TOH-Resident Rate Requires ID with address with every transaction*

TOH/NR

Full Use

The discount pass and daily admission fee for the facility include use of the pool, gymnasium (ages 12 & older) and the fitness room (ages 14 & older) as available and admission to any regularly-scheduled land aerobics class (see class schedule on page 12).

¹Annual and 6-Month Pass

Holders are entitled to one session with a fitness trainer. See Fitness Staff for details.

²Annual Pass Holders receive a 10% discount on all classes (except those meeting one time).

All admissions and passes are nonrefundable.

NOTE: Youth are those age 17 and under. Seniors are those age 64 by December 31, 2009. **Pool use:** Children ages 8 & under must be accompanied by an adult. Children ages 5 & under must be with a parent in the water. Children *under age 2* are admitted free with paying adult. **Fitness room use:** Children ages 12-16 must have a Youth Fitness Pass. Ages 12-14 must be accompanied by an adult. **Gymnasium use:** Youth must be age 12 or older. During weekend Youth Open Gym children ages 8 to 11 may use the gym when accompanied by a paid adult. **Locker room use:** Children 5 and under are permitted in dressing rooms of the opposite sex. Family locker rooms designated for parents and children over age 5 are located within the guard office.

RACQUETBALL, BADMINTON & WALLYBALL

Prime time hours

Monday - Friday 4-10pm, plus all day Saturday, Sunday & Holidays

Racquetball and Badminton

Prime Time

\$4.50 per hour + admission fee per player

Non-Prime Time

\$2.50 per hour + admission fee per player

Wallyball

Prime Time

\$4 per court + admission fee per player

Non-Prime Time

\$2 per court + admission fee per player

Badminton and Wallyball court rentals are for two hours.



**A Nationally Accredited Agency
Since 2006**

*"Herndon is Meeting and Exceeding
National Standards in P & R
Administration"*

Herndon Towne Square
Singers

"Made In America"

Celebrate the vast and varied music of America and experience the greatest songs that were made in the USA! You will hear Dixieland, Jazz, Rock 'n' Roll, Country, Broadway and other top-of-the-chart pop music.

4421.060 Friday, April 30, 7:30pm

4421.061 Saturday May 1, 7:30pm

4421.062 Sunday, May 2, 2pm

Performances held at the Elden Street Players' Industrial Strength Theatre located at 269 Sunset Park Drive, Herndon. Tickets \$12, available at the Herndon Community Center or by calling 703-787-7300.

6th Annual Kids Trout Fishing Derby

Ages 2-15

Saturday, March 20, 7am-12pm

This is the perfect opportunity to introduce your kids to fishing. See page p.22



703-787-7300

Registration Dates Town of Herndon Residents Wednesday, February 17 Non-Residents Tuesday, February 23

Registration opens at 10am. Starting on these dates, you will be able to register online, by touchtone system, or in person for the Spring 2010 registration. See page 30 for more information.



37th ANNUAL NATIONAL VOLUNTEER WEEK

April 18 - 23, 2010

Thanks to each and every Volunteer who has helped make this year special for someone else in the Herndon Community.



Herndon Parks and Recreation Department Sponsor

The following company is being recognized for supporting our department programs and events.

A special thanks to:

Bronze Sponsor:
Giant Food, LLC

The department sponsorship is a new effort by the parks and recreation department. If you would like to learn the benefits of being a department sponsor please contact Abby Kimble at **703-435-6800 x2104**.

Spring 2010

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See Runnymede
Stream Clean-up
on page 22



Summer Seasonal Employment Opportunities

The Herndon Parks and Recreation Department is seeking qualified individuals to work in summer camp programs. Opportunities exist for Directors and Counselors for Summer Fun, Teen Discovery, Preschool Playcamp, and Nature Camps. Additional positions available in specialty areas: soccer, basketball, theatre, and tennis. Working daytime hours leaves your summer evenings to yourself.

Individuals must be at least 18 years of age. This is a fun way to spend the summer outdoors in the company of kids, playing games, leading field trips, teaching crafts, sports, and other skills.

Wages are competitive. Staff shirts and first aid/CPR training are provided when required. Contact the Herndon Community Center at **703-787-7300** or go to **www.herndon-va.gov** and click on "Employment" for details and an application.



Come and play on "Swampson", the floating alligator on Saturdays from 1-4pm or the slide on Sundays from 1-4pm!

DIVING GUIDELINES:

25 yard swim required for all levels

Introduction to Diving

Be comfortable in deep water

Diving 1

Be comfortable in deep water. Dive head first from the side of the pool.

Diving 2*

Mastered Diving 1 skills. Forward approach of 3 steps, hurdle and tuck dive.

**Instructor permission recommended*

Diving 3*

Mastered Diving 2 or compete on a dive team. Forward optional dives (flips), back and inward dives.

**Instructor permission required*

SWIMMING GUIDELINES

Parents should remember that unless a child is practicing skills learned in a class they may lose their proficiency to demonstrate the required skills. Do not place your child in a higher level course unless they have been practicing the required skills on a regular basis or have been passed on during a course evaluation. It is better to repeat a course to strengthen skills than place a child in a class over his level!

To enroll in Child needs to...

Starfish No experience necessary

but must be able to:

- Separate from parent
- Follow directions in a group setting

Seahorse Successful completion of Starfish or ability to:

- Put face in the water 5 seconds
- Blow bubbles
- Front glide w/ kick 3 feet
- Float on back with assistance 5 seconds

Otters Successful completion of Seahorse or ability to:

- Float on front and back independently
- Roll over front to back
- Swim with arm stroke and kick on front and back 5 yards

Manatees Successful completion of Otter or ability to:

- Jump in 12 feet and return to side without assistance
- Front crawl 10 yards with breathing to side
- Back crawl 10 yards
- Butterfly kick
- Sitting/kneeling dives

Sharks Successful completion of Manatee or the ability to:

- Front crawl 20 yards w/side breathing
- Elementary backstroke 15 yards
- Back crawl 20 yards
- Breaststroke 15 yards
- Diving: compact/stride
- Ability to swim across deep end of pool

To enroll in Child needs to...

Level 1 No experience necessary but:

- Must be able to participate in group setting

Level 2 Successful completion of Level 1 or the ability to:

- Face in water and blow bubbles 5 seconds
- Submerge face and pick up item
- Float on the back with assistance
- Kick on front with face in using water barbells

Level 3 Successful completion of Level 2 or the ability to:

- Float on front and back independently
- Roll over from front to back
- Combined stroke front and back 5 yards

Level 4 Successful completion of Level 3 or the ability to:

- Elementary Backstroke 15 yards
- Front crawl and back crawl 15 yards
- Jump into deep water and swim 15 yards
- Kneeling dive

Level 5 Successful completion of Level 4 or the ability to:

- Tread water 2 minutes
- Crawl stroke 25 yards with side breathing
- Back crawl 25 yards
- Breaststroke 15 yards
- Butterfly 15 yards
- Elementary backstroke 25 yards
- Sidestroke 15 yards
- Stride dive and flip turn

Level 6 Successful completion of Level 5 or the ability to:

- Front and back crawl 50 yards
- Back float 2 minutes
- Tread water 5 minutes
- Breaststroke 25 yards
- Sidestroke 25 yards
- Elementary backstroke 25 yards

AQUATICS CLASS MAKE-UP POLICY

Classes cancelled due to inclement weather, pool closures, or instructor illnesses are made up as the calendar allows. Credits for cancelled classes will not be issued to participants who are unable to attend the makeup class.

PRESCHOOL AQUATICS

ATTENTION: Parents should read class requirements and descriptions carefully to ensure they are enrolling their child into the appropriate level class! If a child is in the incorrect class, he/she will be dropped from the roster and placed on the waiting list if there is not room in an appropriate class. Parents should remember that unless children are practicing skills learned in a class, they may lose their proficiency to demonstrate the required skills. Do not place your child in a higher level course unless they have been practicing the required skills on a regular basis or have been passed on during a course evaluation. It is better to repeat a course to strengthen skills than place a child in a class over his level!

Design a Class

Have you been unable to be placed in a swim class of your choice? Do you and your friends have free time in the afternoon from 12-3pm? Then it is time to "Design a Class!" Three to five swimmers are needed to schedule a group lesson on the day that fits your schedule. For more information, contact Kerstin Severin at **703-435-6800 x 2128**.

Wacky Wednesday

Ages 5 & under

Come join us in the pool for great fun and games for the younger crowd. Children not enrolled in full day school programs (kindergarten and younger) may participate. The training pool will be set aside for kids (must be with an adult) and filled with our wacky water toys. A great activity to prepare for the summer!

Wednesdays 1-3pm

\$5 parent/child

\$2 each additional child

703-787-7300

**No swim classes
March 29-April 4 and
May 29-May 31**

**The pool is open only to lap
swimmers ages 13 & up and
scheduled swim lessons
on Saturday and Sunday
mornings until noon.**

Aquatots Ages 6-18 months

Instructor works closely with parent in helping infant develop basic water skills including water adjustment, safety, and experiencing supported movement through the water. Babies are required to wear swim diapers and plastic pants with elastic at the waistband and legs. *Swim with parent.*

8, 25 minute sessions TOH \$56/NR \$70

March 8-April 7

4011.101 M/W 10:30-10:55am

April 12-May 5

4011.102 M/W 10:30-10:55am

May 17-June 14

4011.103 M/W 10:30-10:55am

6, 25 minutes sessions TOH \$43/NR \$53

March 13-April 24

4011.604 Sa 9:30-9:55am

May 1-June 12

4011.605 Sa 9:30-9:55am

Birthday Parties!

**Plan your child's next
birthday celebration
at the Herndon
Community Center**

Make your child feel special by giving them a lasting birthday memory.

Kids can enjoy unlimited swimming and private party room...plus your home stays clean!

Call 703-787-7300

Guppies Ages 19-36 months

Instructor works closely with parent in helping develop basic water skills. Class promotes water adjustment activities, as well as introducing elementary forms of propulsion, safety skills and the use of flotation devices. Toddlers are required to wear swim diapers and plastic pants with elastic at the waistband and legs. *Swim with parent.*

8, 25 minute sessions TOH \$56/NR \$70

March 8-April 7

4012.101 M/W 10-10:25am

April 12-May 5

4012.102 M/W 10-10:25am

May 17-June 14

4012.103 M/W 10-10:25am

6, 25 minute sessions TOH \$43/NR \$53

March 12-April 23

4012.507 F 11-11:25am

May 7-June 11

4012.510 F 11-11:25am

March 13-April 24

4012.608 Sa 10-10:25am

4012.612 Sa 10:30-10:55am

May 1-June 12

4012.611 Sa 10-10:25am

4012.613 Sa 10:30-10:55am

Minnows Ages 3-5

Instructor works closely with the parent and preschooler to develop basic water skills and orient the 3-5 year old to a group situation. Designed for children who are older than our Guppies, but are hesitant to separate from the parent. Skills that are taught include: breath control, floating on front and back, and kicking. *Swim with parent*

8, 25 minute sessions TOH \$56/NR \$70

March 9-April 8

4018.201 T/Th 9:30-9:55am

April 13-May 6

4018.202 T/Th 9:30-9:55am

May 18-June 10

4018.203 T/Th 9:30-9:55am

6, 25 minute sessions TOH \$43/NR \$53

March 13-April 24

4018.604 Sa 9-9:25am

May 1-June 12

4018.605 Sa 9-9:25am

**No classes
March 29
-April 4 &
May 29-31**



Starfish Ages 3-6

Skills introduced include: water adjustment, breath control, underwater exploration, water safety and swimming movements on front and back. An excellent class for children who have little or no previous water experience. *Children should be emotionally ready to separate from parent. Parents are requested to watch class while sitting in the bleachers. Child's first water experience without parent*

8, 25 minute sessions TOH \$56/NR \$70

March 8-April 7

4013.101	M/W	9:30-9:55am
4013.102	M/W	10:30-10:55am
4013.103	M/W	6:30-6:55pm

April 12-May 5

4013.104	M/W	9:30-9:55am
4013.105	M/W	10:30-10:55am
4013.106	M/W	6:30-6:55pm

May 17-June 14

4013.107	M/W	9:30-9:55am
4013.108	M/W	10:30-10:55am
4013.109	M/W	6:30-6:55pm

March 9-April 8

4013.213	T/Th	10-10:25am
4013.214	T/Th	11-11:25am
4013.215	T/Th	1-1:25pm
4013.216	T/Th	6-6:25pm

April 13-May 6

4013.217	T/Th	10-10:25am
4013.218	T/Th	11-11:25am
4013.219	T/Th	1-1:25pm
4013.220	T/Th	6-6:25pm

May 18-June 10

4013.221	T/Th	10-10:25am
4013.222	T/Th	11-11:25am
4013.223	T/Th	1-1:25pm
4013.224	T/Th	6-6:25pm

6, 25 minute sessions TOH \$43/NR \$53

March 10-April 21

4013.327	W	1-1:25pm
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May 5-June 9

4013.328	W	1-1:25pm
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March 12-April 23

4013.527	F	11:30-11:55am
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May 7-June 11

4013.533	F	11:30-11:55am
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March 13-April 24

4013.628	Sa	8:30-8:55am
4013.629	Sa	9:30-9:55am

May 1-June 12

4013.634	Sa	8:30-8:55am
4013.635	Sa	9:30-9:55am

March 14-April 25

4013.730	Su	10-10:25am
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May 2-June 13

4013.736	Su	10-10:25am
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TOH = people who live in the Town of Herndon limits
NR = people living outside the Town of Herndon limits



Seahorse Ages 3-6

Seahorse students can comfortably put their face in the water and demonstrate water orientation skills. The class focuses on front and back floating, front and back gliding, breath control, and kicking. Basic water safety skills are introduced. *Previous water experience*

8, 25 minute sessions TOH \$56/NR \$70

March 8-April 7

4014.101	M/W	10-10:25am
4014.102	M/W	11-11:25am
4014.103	M/W	5:30-5:55pm

April 12-May 5

4014.104	M/W	10-10:25am
4014.105	M/W	11-11:25am
4014.106	M/W	5:30-5:55pm

May 17-June 14

4014.107	M/W	10-10:25am
4014.108	M/W	11-11:25am
4014.109	M/W	5:30-5:55pm

March 9-April 8

4014.213	T/Th	10-10:25am
4014.214	T/Th	10:30-10:55am
4014.215	T/Th	11:30-11:55am
4014.216	T/Th	1:30-1:55pm
4014.217	T/Th	6:30-6:55pm

April 13-May 6

4014.218	T/Th	10-10:25am
4014.219	T/Th	10:30-10:55am
4014.220	T/Th	11:30-11:55am
4014.221	T/Th	1:30-1:55pm
4014.222	T/Th	6:30-6:55pm

May 18-June 10

4014.223	T/Th	10-10:25am
4014.224	T/Th	10:30-10:55am
4014.225	T/Th	11:30-11:55am
4014.226	T/Th	1:30-1:55pm
4014.227	T/Th	6:30-6:55pm

6, 25 minute sessions TOH \$43/NR \$53

March 10-April 21

4014.328	W	10:30-10:55am
4014.329	W	1:30-1:55pm

May 5-June 9

4014.334	W	10:30-10:55am
4014.335	W	1:30-1:55pm

March 12-April 23

4014.530	F	12-12:25pm
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May 7-June 11

4014.536	F	12-12:25pm
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March 13-April 24

4014.631	Sa	9-9:25am
4014.632	Sa	10-10:25am

May 1-June 12

4014.637	Sa	9-9:25am
4014.638	Sa	10-10:25am

March 14-April 25

4014.733	Su	10:30-10:55am
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May 2-June 13

4014.739	Su	10:30-10:55am
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Otters Ages 4-6

Our Otter students can demonstrate higher swimming skills. Class focuses on front crawl, back crawl, treading water and diving from seated and kneeling positions. There is instruction in swimming in deep water and basic water safety rules. *Preschool swimmer*

8, 25 minute sessions TOH \$56/NR \$70

March 8-April 7

4015.101	M/W	11-11:25am
4015.102	M/W	5-5:25pm

April 12-May 5

4015.103	M/W	11-11:25am
4015.104	M/W	5-5:25pm

May 17-June 14

4015.105	M/W	11-11:25am
4015.106	M/W	5-5:25pm

March 9-April 8

4015.207	T/Th	10:30-10:55am
4015.208	T/Th	2-2:25pm
4015.209	T/Th	5:30-5:55pm

April 13-May 6

4015.210	T/Th	10:30-10:55am
4015.211	T/Th	2-2:25pm
4015.212	T/Th	5:30-5:55pm

May 18-June 10

4015.213	T/Th	10:30-10:55am
4015.214	T/Th	2-2:25pm
4015.215	T/Th	5:30-5:55pm

6, 25 minute sessions TOH \$43/NR \$53

March 8-April 19

4015.116	M	9:30-9:55am
4015.118	M	2-2:25pm

May 3-June 14

4015.122	M	9:30-9:55am
4015.124	M	2-2:25pm

March 10-April 21

4015.317	W	10-10:25am
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May 5-June 9

4015.323	W	10-10:25am
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March 12-April 23

4015.519	F	1-1:25pm
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May 7-June 11

4015.525	F	1-1:25pm
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March 13-Apr 24

4015.620	Sa	10:30-10:55am
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May 1-June 12

4015.626	Sa	10:30-10:55am
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March 14-April 25

4015.721	Su	11-11:25am
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May 2-June 13

4015.727	Su	11-11:25am
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Manatees Ages 4-6

To enroll in this class, students should be able to swim a distance of 15 yards of front crawl taking at least two breaths and 15 yards of back crawl. The course will focus on coordination of the front crawl with correct breathing technique, back crawl, elementary backstroke, breaststroke, butterfly, compact dives, and basic water safety instruction.

This is an advanced course for the preschool swimmer.

8, 25 minute sessions TOH \$56/NR \$70

March 8-April 7

4016.101 M/W 9:30-9:55am
4016.102 M/W 6-6:25pm

April 12-May 5

4016.103 M/W 9:30-9:55am
4016.104 M/W 6-6:25pm

May 17-June 14

4016.105 M/W 9:30-9:55am
4016.106 M/W 6-6:25pm

March 9-April 8

4016.207 T/Th 9:30-9:55am
4016.209 T/Th 5-5:25pm

April 13-May 6

4016.210 T/Th 9:30-9:55am
4016.212 T/Th 5-5:25pm

May 18-June 10

4016.213 T/Th 9:30-9:55am
4016.215 T/Th 5-5:25pm

6, 25 minute sessions TOH \$43/NR \$53

March 8-April 19

4016.116 M 9-9:25am

May 3-June 14

4016.121 M 9-9:25am

March 10-April 21

4016.317 W 9:30-9:55pm
4016.323 W 2:30-2:55pm

May 5-June 9

4016.322 W 9:30-9:55pm
4016.324 W 2:30-2:55pm

March 12-April 23

4016.518 F 12:30-12:55pm

May 7-June 11

4016.523 F 12:30-12:55pm

March 13-April 24

4016.619 Sa 11-11:25am

May 1-June 12

4016.624 Sa 11-11:25am

March 14-April 25

4016.720 Su 11:30-11:55am

May 2-June 13

4016.725 Su 11:30-11:55am



Sharks Ages 4-6

To enroll in this class, students should be able to swim a distance of 20 yards of front crawl taking at least two breaths and 20 yards of back crawl. The course will focus on coordination of the front crawl with correct breathing technique, back crawl, elementary backstroke, breaststroke, butterfly, compact dives, and basic water safety instruction.

Must have had formal swim instruction! This is the most advanced preschool class offered.

6, 25 minute sessions TOH \$43/NR \$53

March 13-April 24

4017.504 F 1:30-1:55pm

May 7-June 11

4017.505 F 1:30-1:55pm

March 13-April 24

4017.601 Sa 8:30-8:55am

May 1-June 12

4017.602 Sa 8:30-8:55am

YOUTH AQUATICS

Level 1 Ages 6 & up

This Red Cross course is designed to orient participants to the aquatic environment. Instruction includes: basic breath control, supported kicking on the front and back, familiarization with arm/leg action for front crawl and safety skills.

8, 30 minute sessions TOH \$56/NR \$70

March 8-April 7

4021.101 M/W 6-6:30pm

April 12-May 5

4021.102 M/W 6-6:30pm

May 17-June 14

4021.103 M/W 6-6:30pm

March 9-April 8

4021.204 T/Th 5-5:30pm

April 13-May 6

4021.205 T/Th 5-5:30pm

May 18-June 10

4021.206 T/Th 5-5:30pm

6, 30 minute sessions TOH \$43/NR \$53

March 13-April 24

4021.607 Sa 11-11:30am

May 1-June 12

4021.609 Sa 11-11:30am

March 7-April 18

4021.708 Su 10-10:30am

May 2-June 13

4021.710 Su 10-10:30am

Level 2 Ages 6 & up

This Red Cross course builds on the fundamental skills learned in Level 1. Class focus is on unsupported front and back float and glide, combined stroke on front and back and increased safety skills.

8, 30 minute sessions TOH \$56/NR \$70

March 8-April 7

4022.101 M/W 6:30-7pm

April 12-May 5

4022.102 M/W 6:30-7pm

May 17-June 14

4022.103 M/W 6:30-7pm

March 9-April 8

4022.204 T/Th 5:30-6pm

April 13-May 6

4022.205 T/Th 5:30-6pm

May 18-June 10

4022.206 T/Th 5:30-6pm

6, 30 minute sessions TOH \$43/NR \$53

March 13-April 24

4022.608 Sa 10:30-11am

May 1-June 12

4022.611 Sa 10:30-11am

March 14-April 25

4022.709 Su 10:30-11am

May 2-June 13

4022.712 Su 10:30-11am

Level 3 Ages 6 & up

This Red Cross course continues to build aquatic skills learned in previous classes. Coordination of front and back crawl, rotary breathing, kneeling dives and basic rescue skills are taught. Dolphin kick is introduced.

8, 30 minute sessions TOH \$56/NR \$70

March 8-April 7

4023.101 M/W 5:30-6pm

April 12-May 5

4023.102 M/W 5:30-6pm

May 17-June 14

4023.103 M/W 5:30-6pm

March 9-April 8

4023.204 T/Th 6:30-7pm

April 13-May 6

4023.205 T/Th 6:30-7pm

May 18-June 10

4023.206 T/Th 6:30-7pm

6, 30 minute sessions TOH \$43/NR \$53

March 8-April 19

4023.107 M 4-4:30pm

May 3-June 14

4023.110 M 4-4:30pm

March 13-April 24

4023.608 Sa 10-10:30am

May 1-June 12

4023.611 Sa 10-10:30am

March 14-April 25

4023.709 Su 11-11:30am

May 2-June 13

4023.712 Su 11-11:30am



Swimming and other water activities are something the entire family can enjoy.

Level 4 Ages 6 & up

In this Red Cross course, students will become more independent and increase their endurance in the water by practicing and refining elementary backstroke, front and back crawl, breaststroke, and butterfly. Open turns are also introduced.

8, 30 minute sessions TOH \$56/NR \$70

March 8-April 7

4024.101 M/W 5-5:30pm

April 12-May 5

4024.102 M/W 5-5:30pm

May 17-June 14

4024.103 M/W 5-5:30pm

March 9-April 8

4024.204 T/Th 6-6:30pm

April 13-May 6

4024.205 T/Th 6-6:30pm

May 18-June 10

4024.206 T/Th 6-6:30pm

6, 30 minute sessions TOH \$43/NR \$53

March 8-April 19

4024.107 M 3:30-4pm

May 3-June 14

4024.110 M 3:30-4pm

March 13-April 24

4024.608 Sa 9:30-10am

May 1-June 12

4024.611 Sa 9:30-10am

March 14-April 25

4024.709 Su 11:30am-12pm

May 2-June 13

4024.712 Su 11:30am-12pm

Level 5 Ages 6 & up

Students refine and coordinate the key strokes learned in previous Red Cross courses. Front and back crawl and elementary backstroke are performed at increased distances. Sidestroke, breaststroke, and butterfly are refined. Students learn how to perform flip turns at the wall while swimming laps. Deepwater work includes diving, water entries, and treading.

6, 30 minute sessions TOH \$43/NR \$53

March 8-April 19

4025.101 M 2:30-3pm

March 10-April 21

4025.301 W 2-2:30pm

May 3-June 14

4025.103 M 2:30-3pm

May 5-June 9

4025.302 W 2-2:30pm

6, 45 minute session TOH \$65/NR \$80

March 13-April 24

4025.602 Sa 8:45-9:30am

May 1-June 12

4025.604 Sa 8:45-9:30am

Regular swimming will build your muscle strength, endurance, flexibility, and cardio-vascular fitness – lap lanes are open at the Herndon Community Center.

Level 6 Ages 6 & up

This Red Cross course focuses on polishing the strokes previously learned, as well as having the student perform them with greater ease and efficiency. Different dives and deep water rescue skills are taught. Flip turns and open turns for breaststroke and sidestroke are also developed.

6, 30 minute sessions TOH \$43/NR \$53

March 8-April 19

4026.101 M 3-3:30pm

May 3-June 14

4026.103 M 3-3:30pm

ADAPTED AQUATICS

For children with physical or mental disabilities who want to work on their swimming abilities. Focus is on water adjustment, safety and skills that are tailored to the needs of each participant. (Volunteers needed) Also, parents may have to go in the water if there is a lack of volunteers. Please call Kerstin Severin at **703-435-6800 x 2128** if you have any questions regarding this program.

Levels 1 and 2 Ages 5-16

6, 30 minute sessions TOH \$43/NR \$53

March 12-April 23

4028.502 F 4:30-5pm

May 7-June 11

4028.504 F 4:30-5pm

Levels 3 and 4 Ages 5-16

6, 30 minute sessions TOH \$43/NR \$53

March 12-April 23

4028.503 F 5-5:30pm

May 7-June 11

4028.505 F 5-5:30pm

YOUTH DEVELOPMENTAL WORKOUT

Bring your swimmers to a practice that includes stroke work in the four competitive strokes, starts, turns, and endurance building. Great preparation for summer league swimming!

Ages 8 & under must swim 25-yd freestyle without stopping

Ages 9-12 must swim 50-yd freestyle without stopping

Ages 12-15 must swim 50-yd freestyle and 25-yd backstroke without stopping

12, 45 minute sessions TOH \$148/NR \$210

Ages 8 & under

March 14-June 13

4027.701 Su 11:30am-12:15pm

4027.702 Su 3:45-4:30pm

4027.703 Su 4:30-5:15pm

Ages 9-12

March 14-June 13

4027.704 Su 10:45-11:30am

4027.705 Su 3-3:45pm

4027.706 Su 5:15-6pm

Ages 12-15

March 14-June 12

4027.707 Su 10-10:45am



Are you currently a lifeguard and need to renew your certifications?

We can arrange recertification classes as needed. For more information, please contact Kerstin Severin at **703-435-6800 x2128**.



Introduction to Diving

Ages 5-12

This class teaches head first entries into the water; no previous experience is needed. Students will learn standing shallow and deep dives, racing dives for swim team, and standing dives from the springboard. Students must be able to swim 25 yards and be comfortable in deep water. *Completion of Red Cross Level 3 is strongly recommended.*

6, 30 minutes sessions TOH \$43/NR \$53

March 9-April 20

4035.201 T 5:15-5:45pm

April 27-June 8

4035.202 T 5:15-5:45pm

March 10-April 21

4035.301 W 6-6:30pm

May 5-June 9

4035.403 W 6-6:30pm

Diving 1

Ages 8-18

This class introduces students to springboard diving. Students will learn a forward approach and hurdle, a back press, front and back fall off dives, and a forward tuck. Students must be able to dive head first from the side of the pool. *Completion of Red Cross Level 4 is strongly recommended.*

6, 45 minute sessions TOH \$65/NR \$80

March 9-April 20

4036.202 T 5:45-6:30pm

April 27-June 8

4036.203 T 5:45-6:30pm

March 10-April 21

4036.301 W 5:15-6pm

May 5-June 9

4036.302 W 5:15-6pm

9, 45 minute sessions TOH \$98/NR \$123

April 10-June 12

4036.601 Sa 9-9:45am

4036.602 Sa 9:45-10:30am

Diving 2/3

Ages 8-18

Refines the skills learned in Diving 1. Students will learn forward optional dives (flips), inward dives, and back dives. Students must have mastered the skills from Diving 1 and/or have a forward approach of at least 3 steps with a hurdle and a tuck dive. *Instructor permission is strongly recommended.*

6, 1 hour sessions TOH \$86/NR \$106

March 8-April 19

4037.101 M 5:30-6:30pm

May 3, June 14

4037.102 M 5:30-6:30pm

March 9-April 20

4037.201 T 7:30-8:30pm

May 4-June 8

4037.202 T 7:30-8:30pm

SAFETY

Water Safety Instructor

Ages 16 & up

This American Red Cross course teaches participants how to instruct Red Cross swimming classes. The course covers swimming instruction for all ages from infants to adults. We will also provide practical teaching experience. All students must be 16 years of age by the last day of class and complete a Water Safety pre-course test. Students must pick up their materials and complete the first assignment prior to the first class session. *Students must attend all class sessions to pass this course!* For more information or to obtain a list of the pre-course skills, please call Kerstin T. Severin at (703)435-6800 x 2128.



6 sessions TOH \$200/NR \$245

4052.501

March 26 F 4:30-9pm

March 27 Sa 8am-5pm

March 28 Su 8am-5pm

March 29 M 8am-3pm

April 1 Th 4-9pm

April 2 F 10am-4pm

CPR for the Professional Rescuer

NEW

Ages 15 & up

This class is recertification for the CPR Professional Rescuer. Students must have been a certified American Red Cross Professional Rescuer within the past year.

1, 3 hour session TOH \$60/NR \$60

May 1

4053.601 Sa 10am-1pm

May 22

4053.602 Sa 10am-1pm

Coaching Swimming

Ages 14 years & up

This class is for individuals who are interesting in coaching summer league. The course will cover: stroke technique, work out planning, organizing practices, meet strategy, and working with parents. Coaches with experience in Colonial Swim League, Herndon Swim League, Potomac Valley, and RSTA will be teaching the course. Students will be entering the water.

4, 2 hour sessions TOH \$100/NR \$125

April 24-May 14

4052.601 Sa 8-10am

Lifeguard Training

Class Ages 15 years & up

This class trains and certifies American Red Cross lifeguards. It is the most comprehensive course to date and includes rescue techniques, First Aid and CPR/AED for the Professional Rescuer. Students must be 15 years old by the last day to be eligible to enroll. Participants must also pass a pre-course test that includes: a 300 yard continuous swim consisting of 100 yards of freestyle, 100 yards of breaststroke, and 100 yards of either freestyle or breaststroke; swimming 20 yards to retrieve a 10-pound brick from a depth of 12 feet of water, and returning 20 yards with the brick swimming on back using legs only.

Students must attend all class sessions to pass this course!

1, 2 hour and

6, 8 hour sessions TOH \$200/NR \$245

4051.601

March 27 Sa 1-3pm

March 28-April 2 Su-F 12-8pm

6, 3.5 hour and

3, 6 hour sessions TOH \$200/NR \$245

4051.602

May 1-May 15 Sa 11am-5pm

April 27-May 13 T/Th 6-9:30pm

Lifeguard Training Challenge

Ages 18 & up

This class is recertification for America Red Cross lifeguards. Students must have a current certification or an expired certification for less than 1 year.

1, 4 hour session TOH \$125/NR \$125

April 27

4051.603 Sa 10am-2pm

May 15

4051.604 Sa 10am-2pm

**No classes
March 29
-April 4 &
May 29-31**





Kid Care



Take advantage of the drop-off babysitting service, run by our friendly staff.

Monday-Friday 9am-12pm

Monday-Thursday 5-9pm

Saturdays 9am-12pm

- \$4.50 for 2 hours visit
- \$50 for 15-visit punch pass 4243.108
- \$67.50 for 25-visit punch pass 4243.109

Drop-ins are admitted daily on a space-available basis.

Children 12 months and older will be in a safe and fun environment while you take a class, get in your workout, or enjoy a swim in the pool. Morning and evening hours make an easy fit with your schedule, and convenient punch-passes simplify the registration and payment process. Sorry, staff will not change diapers.

NOTE: Parents or guardians must be registered in a HCC program or using the facility.

ADULTS

Adult Beginner Ages 16 & up

If you like the water but are a little hesitant about putting your face in, or you just want to learn basic water skills, then this is the class for you! Water adjustment, floating, gliding, kicking and breathing skills will be taught.

6, 45 minute sessions TOH \$65/NR \$80

March 8-April 19

4041.101 M 7:15-8pm

May 3-June 14

4041.103 M 7:15-8pm

March 13-April 24

4041.602 Sa 10:30-11:15am

May 1-June 12

4041.604 Sa 10:30-11:15am

Adult Advanced Beginner Ages 16 & up

This class is for students who have passed Adult Beginners or those who are comfortable in the water and are ready to concentrate on furthering the primary strokes: front and back crawl, elementary backstroke, and breaststroke. Treading water and introduction to rotary breathing are included in this class.

6, 45 minute sessions TOH \$65/NR \$80

March 8-April 19

4042.101 M 10:45-11:30am

May 3-June 14

4042.103 M 10:45-11:30am

March 10-April 21

4042.305 W 7:15-8pm

May 5-June 9

4042.306 W 7:15-8pm

March 13-April 24

4042.602 Sa 11:15am-12pm

May 1-June 12

4042.604 Sa 11:15am-12pm

Planning a

Special Event or a meeting?

The Center can accommodate sit-down functions up to 375 people or provide meeting space for up to 100 people and has a warming/catering kitchen.

Call **703-787-7300** to arrange a tour of our facilities.



Adult Intermediate

Ages 16 & up

This class is for anyone who has completed Adult Beginners or anyone that is looking for a little stroke improvement. Students will work on stroke refinement and coordination. Strokes learned in previous courses will be performed at increased distances.

6, 45 minute sessions TOH \$65/NR \$80

March 8-April 19

4043.101 M 10-10:45am

May 3-June 14

4043.104 M 10-10:45pm

March 9-April 20

4043.202 T 7:15-8pm

May 2-June 15

4043.205 T 7:15-8pm

March 13-April 24

4043.603 Sa 12-12:45pm

May 1-June 12

4043.606 Sa 12-12:45pm

Aqua Egg Hunt Ages 12 & under

Saturday, March 27, 1pm

Herndon Community Center Pool

Start times for each age group are listed on page 32.

Kids, grab your swimsuits and goggles and get ready to hunt for Easter eggs in the pool! Some will be floating and some will be on the bottom. Collect as many eggs as you can and redeem for prizes. After your hunt stay for open swim immediately following after the last hunt. Mesh bags provided to collect eggs. Swim attire required. No mesh shorts.

Pre-registration preferred but you can register up until 15 minutes prior to the hunt on day of the event. Each age group hunt will start on time, be prepared to enter water at the appropriate time.

\$10=includes one parent and one child

Senior Swim Time!

Seniors can visit the pool for a reduced rate of \$2.00 all day Tuesdays!



New Event

No classes
March 29
-April 4 &
May 29-31



The best aerobics for seniors are non-jarring ones, like walking, swimming, cycling, and low-impact aerobic dance.

WATER WORKOUTS

Seniors: Please see Senior Citizen Discount information on the registration page.

Early Bird Aquatic

Exercise Ages 18 & up

Start your day with this high-intensity, cardiovascular workout! Held in the deep water, participants will wear ankle cuffs to provide buoyancy and resistance. This workout strengthens the core trunk muscles, arms and legs. *Participants must be comfortable in deep water!*

41, 1 hour sessions TOH \$205/NR \$243
March 8-June 18
 4049.101 M/W/F 6:30-7:30am

Therapeutic Water Workout

Ages 18 & up

This low intensity water exercise program is designed for those with chronic illnesses; i.e. arthritis, painful joints, and general weakness. The class focuses on increasing range of motion, mobility, ambulating, and strengthening. *Rubber-soled water shoes are strongly recommended.*

28, 1 hour sessions TOH \$140/NR \$175
March 9-June 17
 4047.201 T/Th 10-11am

Senior Water Aerobics

This class is an exercise class for active older adults. It promotes fitness, flexibility, and range of motion. No swimming experience is necessary to become involved. *Rubber-soled water shoes are strongly recommended.*

27, 1 hour sessions TOH \$135/NR \$170
March 8-June 16
 4048.101 M/W 9-10am
14, 1 hour sessions TOH \$70/NR \$90
March 12-June 18
 4048.502 F 9-10am

Water Aerobics

Ages 18 & up

This is the total water workout. It combines both toning exercises as well as aerobic conditioning to improve fitness. There is a deep-water element, but no swimming experience is necessary. Babysitting is available during this class, please see page 10. *Rubber-soled shoes are strongly recommended.*

28, 1 hour sessions TOH \$140/NR \$175
March 9-June 17
 4044.202 T/Th 9:30-10:30am

Water Walking

Ages 18 & up

Jumpstart your spring fitness with water walking! Water walking is a low impact, aerobic workout that tones the arms, chest, shoulders, legs, hips and back. The higher resistance of the water will give you a great workout with no risk of injury to your joints. Participants must be comfortable in deep water as a portion of the workout is held in the 12-ft. area! *Rubber-soled shoes are strongly recommended.*

27, 1 hour sessions TOH \$135/NR \$170
March 8-June 16
 4046.101 M/W 8-9am

Intermediate Water Walking

Ages 18 & up

A more intensive version of the water walking class. Water walking is a low impact, aerobic workout that tones the arms, chest, shoulders, legs, hips and back. The higher resistance of the water will give you a great workout with no risk of injury to your joints. Participants must be comfortable in deep water as a portion of the workout is held in the 12-ft. area! *Rubber-soled shoes are strongly recommended.*

14, 1 hour sessions TOH \$70/NR \$90
March 12-June 18
 4040.502 F 8-9am



Deep Water 1

Ages 18 & up

This class offers a high intensity, no impact, and cardiovascular challenge with an additional benefit of muscle toning and strengthening. No swimming skills are necessary but participants must be comfortable in deep water.

27, 1 hour sessions TOH \$135/NR \$170
March 8-June 16
 4045.101 M/W 6:30-7:30pm
28, 1 hr sessions TOH \$140/NR \$175
March 9-June 17
 4045.202 T/Th 8:30-9:30am
12, 1 hr sessions TOH \$60/NR \$75
March 13-June 12
 4045.604 Sa 8-9am

Deep Water 2

Ages 18 & up

This is the ultimate cardio challenge in deep water! This is a fast paced, high intensity class that will help tone and keep you strong. Flotation devices are used periodically, but participants should be able to tread water without any flotation aids. *Students must have previously taken Deep Water 1.*

27, 1 hour sessions TOH \$135/NR \$170
March 8-June 16
 4050.105 M/W 7:30-8:30pm
28, 1 hour sessions TOH \$140/NR \$175
March 9-June 17
 4050.207 T/Th 7:30-8:30am
 4050.208 T/Th 6:30-7:30pm



Need Assistance?

Two motorized scooters are available for your use. Please inquire at the front desk.



No classes
 March 29
 -April 4 &
 May 29-31

Exercise, Health and Fitness Classes are designed for ages 16 & up.

Pass holders and those paying the daily admission fee are eligible to take any of our fitness and aerobics classes at no additional charge. Some classes may reach capacity or have limited specialty equipment available for drop in students. See page 2 for details on becoming a pass holder and receiving all the benefits the Herndon Community Center offers for your health and fitness needs.

Babysitting is available during Kid Care hours.

Please consult your doctor prior to starting any exercise program.

STRENGTH AND FITNESS

Total Body Circuit

Blast fat and build muscle using free weights, balls, steps and bands. This circuit class will move quickly from one exercise to the next.

28, 1 hour sessions TOH \$135/NR \$169
March 8-June 14
 4241.101 M/W 9-10am

Total Body Conditioning

A total body strength class, which includes balance, functional core stability, and abdominal training. Strengthen and sculpt all major muscle groups using resistance tubing and free weights. The balance element will use yoga and Pilates based techniques to connect the body and mind. The class will end with controlled stretching to increase flexibility and promote relaxation. A total body strength workout to jump-start your metabolism!

28, 1 hour sessions TOH \$135/NR \$169
March 8-June 14
 4241.102 M/W 6-7pm
 4241.103 M/W 7:10-8:10pm
14, 1 hour sessions TOH \$67/NR \$84
March 9-June 8
 4241.104 T 7-8pm

Kid Care available.
See page 10.

The children of overweight mothers are 15 times more likely to be obese by age six than children of lean mothers – set the example and exercise.

AB Core

An exercise class to tone your abs and to strengthen your lower back while emphasizing proper technique. Using stability balls and free weights, you will work your muscles to the core. Modifications made for all fitness levels.

28, 45 minute sessions TOH \$130/NR \$162
March 9-June 10
 4241.105 T/Th 12:15-1pm

Strength and Sculpt

Get a highly efficient full body work out using free weights, tubes and balls to strengthen and sculpt all muscle groups. Accommodates beginner to advanced fitness levels.

28, 1 hour sessions TOH \$135/NR \$169
March 9-June 10
 4241.106 T/Th 11am-12pm

FLOOR AEROBICS

Zumba Fitness

A Latino influenced dance style class that combines high energy moves and dance combinations that are designed to make your workout fun and make you feel great! No prior dance experience is necessary. Wear comfortable workout clothing and sneakers.

14, 1 hour sessions TOH \$74/NR \$93
March 8-June 14
 4242.107 M 5:30-6:30pm
March 9-June 8
 4242.108 T 5:45-6:45pm
 4242.109 T 8:10-9:10pm
March 11-June 10
 4242.110 Th 5:30-6:30pm

Also see "Early Bird" Workouts



Boot Camp for Women & Men

Dedication Determination Motivation and Fun!

Beginner, Intermediate, and Advanced Levels
 Structured Nutrition Program Levels

Sessions may be held indoors in the event of inclement weather
Locations: Check our updated listing on www.FIRResults.com or call 1-877-62SHAPE (877-627-4273) for more information.

Guaranteed results! Held outdoors at Herndon Community Center

Cardio Blast

Have fun and burn calories with 35 minutes of hi-low floor aerobics combined with cardio kickboxing moves to get your body moving and your heart pumping, followed by 25 minutes of strength and flexibility work to strengthen, tone, and define your muscles. Put on your cross training shoes and come have a blast!

28, 1 hour sessions TOH \$135/NR \$169
March 8-June 14
 4244.111 M/W 7:15-8:15pm

Kickboxing

Using kicks, punches and martial arts training techniques with actual targets, you will see gains in agility, strength, balance, coordination and cardio fitness. Basic self defense techniques in each class.

28, 1 hour sessions TOH \$135/NR \$169
March 9-June 15 (No Class May 4)
 4242.112 T/Th 7-8pm

COMBINATION FLOOR AND STEP AEROBICS

Step and Stability Ball

A combination of cardio step and core strength training using stability balls. These two together will burn calories and get your heart pumping. The stability balls are excellent for building core strength and improving everyday functional movements.

14, 45 minute sessions TOH \$67/NR \$84
March 10-June 9
 4242.113 W 11:15am-12:15pm

No classes
 April 4 &
 May 29-31

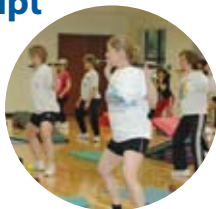
Cardio/Sculpt Interval (CSI)

A cardio and strength cross training class to get your heart and muscles pumping. Cardio will include various challenging cardiovascular activities. Sculpt will incorporate the use of free weights, tubing and stability balls.

28, 1 hour sessions TOH \$135/NR \$169
March 9-June 10
 4243.114 T/Th 9:30-10:30am

Step & Sculpt

Get the best of both worlds! Forty minutes of calorie burning step, along with sculpting and strengthening your muscles using resistance tubing and free weights. Finish with controlled stretching to relax and increase flexibility.



28, 1 hour sessions TOH \$135/NR \$169
March 9-June 10
 4243.115 T/Th 5:50-6:50pm

Step & Sculpt Intermediate

The same great class, but with a raised level of intensity.

14, 1 hour sessions TOH \$67/NR \$84
March 12-June 11
 4245.121 F 9:30-10:30am

No classes
April 4 &
May 29-31



EARLY BIRD WORKOUTS

Designed so you can workout, shower, dress and still get to work on time. Includes locker room privileges.

Total Body Conditioning

14, 1 hour sessions TOH \$67/NR \$84
March 10-June 9
 4244.116 W 6-7am

Step & Sculpt

28, 1 hour sessions TOH \$135/NR \$169
March 9-June 10
 4244.117 T/Th 6-7am
14, 1 hour sessions TOH \$67/NR \$84
March 12-June 11
 4244.118 F 6-7am

Zumba Fitness

14, 1 hour sessions TOH \$67/NR \$84
March 10-June 9
 4244.119 W 7-8am
March 12-June 11
 4244.120 F 7-8am

WEEKEND WARRIORS

Zumba Fitness

13, 1 hour sessions TOH \$63/NR \$79
March 13-June 12
 4245.122 Sa 11:30am-12:30pm

Total Body Conditioning

12, 1 hour sessions TOH \$583/NR \$73
March 14-June 13
 4245.123 Su 9:30-10:30am

Cardio Blast

13, 1 hour sessions TOH \$63/NR \$79
March 13-June 12
 4245.124 Sa 9-10am



SPRING 2010 FITNESS CLASSES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		6-7am Step & Sculpt	6-7am Total Body Conditioning	6-7am Step & Sculpt	6-7am Step & Sculpt	
			7-8am Zumba		7-8am Zumba	
9:30-10:30am Total Body Conditioning	9-10am Total Body Circuit	9:30-10:30am Cardio/Sculpt Interval	9-10am Total Body Circuit	9:30-10:30am Cardio/Sculpt Interval	9:30-10:30am Step & Sculpt Inter.	9-10am Cardio Blast
		11am-12pm Strength & Sculpt	11:15am-12:15pm Step & Stability Ball	11am-12pm Strength & Sculpt		11:30am-12:30pm Zumba
		12:15-1pm AB Core		12:15-1pm AB Core		
	5:30-6:30pm Zumba	5:45-6:45pm Zumba		5:30-6:30pm Zumba		
	6-7pm Total Body Conditioning	5:50-6:50pm Step & Sculpt	6-7pm Total Body Conditioning	5:50-6:50pm Step & Sculpt		
	7:10-8:10pm Total Body Conditioning	7-8pm Total Body Conditioning Kickboxing	7:10-8:10pm Total Body Conditioning	7-8pm Cardio Kickboxing		
	7:15-8:15pm Cardio Blast	8:10-9:10pm Zumba	7:15-8:15pm Cardio Blast			

Drop-in
classes
pay general
admission

No classes
April 4 &
May 29-31

Gentle Yoga for Seniors

Ages 55 & up

A functional fitness based yoga program that honors and respects the mature body. Enjoy increased strength, flexibility, balance, coordination and energy as you gently challenge yourself. Please bring water, small pillow, mat and blanket to each class.

12, 1 hour sessions TOH \$86/NR \$108

March 8-May 24

4257.204 M 10:10-11:10am

12, 1 hour sessions

March 10-May 26

4257.205 W 10:10-11:10am

Prenatal/Postpartum Yoga

A safe, daily practice of modified yoga for prenatal/postpartum (4-6 wks after delivery) students. This class carefully guides the student through mindful breathing, postures, and rejuvenating poses. Enjoy support and encouragement for physical & emotional changes during/after pregnancy. The key principles of relaxation, breath control and endurance will be reinforced. Students will use these valuable tools for delivery, caring for baby, and most importantly, maintaining her own strength & composure. Raymonde Bielak offers many years of gentle yoga practice (during pregnancy as well) and yoga instruction.

12, 1 hour sessions TOH \$86/NR \$108

March 10-May 26

4247.206 W 5-6pm



Kundalini Yoga Ages 16 & up

Suitable for beginners and all levels. This yoga is an ancient system of self-healing using rhythmic breathing, yoga sets (series of postures), guided relaxation and meditation to help relieve stress and tension, while also creating a healthy body. Wear comfortable clothing and bring a yoga mat at least 3/16" thick, and a lightweight blanket.

12, 1.5 hour sessions TOH \$91/NR \$114

March 8-May 24

4247.207 M 7:30-9pm

March 11-May 27

4247.208 Th 7-8:30pm

12, 1 hour sessions TOH \$86/NR \$108

March 12-May 28

4247.209 F 10:30-11:30am

Hatha Yoga Ages 16 & up

A combination of breathing techniques and physical postures, called "asanas," to release tension in the body and relieve stress while building strength, increasing flexibility and endurance. Wear comfortable clothing and bring a yoga mat, at least 3/16" thick, and a lightweight blanket. At least one previous session of yoga at HCC or previous yoga experience is required to register for Intermediate Yoga.

Beginner

12, 1.5 hour sessions TOH \$91/NR \$114

March 14-June 13

4247.210 Su 11:45am-1:15pm

Intermediate

12, 1.5 hour sessions TOH \$91/NR \$114

March 14-June 13

4247.211 Su 1:30-3pm

12, 1 hour sessions TOH \$86/NR \$108

March 10-May 26

4247.212 W 7-8pm

Pilates Ages 16 & up

An innovative system of mind and body exercises which dramatically transform the way your body looks, feels and performs. Build strength, gain long lean muscles, develop flat abdominals, and a strong back while improving your muscle elasticity and joint mobility. But most importantly, come and have fun.

12, 1 hour sessions TOH \$86/NR \$108

March 13-June 5

4247.213 Sa 10:15-11:15am

Kid Care available.
See page 10.

FeldenKrais (Awareness Through Movement Method)

Ages 16 & up

A method of movement re-education that teaches people to move with greater ease, less effort and making daily life easier. The instructor will guide you through a sequence of gentle movements so you learn to let go of limiting habits. This technique will help to ease chronic problems, minimize pain, enhance flexibility, balance and coordination. Class is suitable for young and old. Wear comfortable clothing, and bring a mat at least 3/16" thick and a lightweight blanket.

12, 1 hour sessions TOH \$86/NR \$108

March 10-May 26

4247.214 W 6-7pm

Beginner Table Tennis



Want to improve your table tennis skills? This beginner's class will focus on eye-hand coordination, an introduction of ping pong grips (handshake), ready position and basic strokes will be taught. Basic strokes students will learn are: forehand counter hit, backhand counter hit, forehand push, and backhand push. A ping pong ball machine will be used to reinforce the correct stroke.

8, 1 hour sessions TOH \$36/NR \$48

Ages 18 & up

March 2-April 28 No class on March 30

4747.001 W 10-11am

Ages 10-17

March 6-April 24 No class on April 3

4747.002 Sa 10-11am

29% of American adults are sedentary, and 70% do not achieve the recommended 30 minutes of moderately intense physical activity at least five days per week – sign up for a class.



MARTIAL ARTS

Fencing Ages 9 & up

The sport of fencing is suitable to all ages and is taught by Takashi Iwasawa, a four-year varsity fencer at Harvard University. Class will utilize dry equipment; style is foil fencing. Equipment is provided.

12, 2 hour sessions **TOH \$96/NR \$120**
March 14-June 13
 4764.300 Su 4-6pm

Shotokan Karate Ages 8 & up

A traditional Japanese karate class that covers basic techniques (kihon), form (kata), and some sparring (kumite). A practical self-defense system to exceed present physical and mental limitations. Wear light comfortable "workout" clothes. An optional test for rank will be given at the end of the session for an additional fee.

14, 1 hour sessions **TOH \$68/NR \$85**
March 12-June 11
 4767.101 F 7:05-8:05pm

Kendo Level 1 Ages 13 & up

Kendo, the art of Japanese fencing. Bringing the tradition of kendo training to the modern world. Kendo strives to bring one's mind, body, and spirit together as one. Class emphasizes a strong understanding of Kendo basics, including etiquette, foot work and basic strikes.

12, 1 hour sessions **TOH \$40/NR \$50**
March 14-June 13
 4227.102 Su 10:30-11:30am

Kendo Level 2 Ages 13 & up

Designed for students that have completed Level 1. This class will expand on knowledge learned during Level 1 and incorporate more advanced techniques and workouts.

12, 1 hour sessions **TOH \$40/NR \$50**
March 14-June 13
 4227.104 Su 11:45am-12:45pm

Kendo Advanced Ages 13 & up

Geared towards Kendoka that have completed Kendo I and II, Kendo Advanced teaches techniques for use in shinsa and shia. This class has students of all ages and levels. Approval from instructor is required; full bogu required for advancing practicing.

14, 1.5 hour sessions **TOH \$48/NR \$60**
March 12-June 11
 4227.105 F 8:15-9:45pm

Intro to Tae Kwon Do

Ages 7-14

One of the world's most popular martial arts, its many physical benefits are: strength, aerobics, flexibility, agility; and mental benefits: enhanced focus, confidence, discipline and respect. TKD is also a practical system of self-defense with elements of Hapkido (an art that uses an attacker's movements against him). Instruction provided through H. K. Lee Academy of Tae Kwon Do in Herndon. Uniforms are required and may be purchased from the instructor the first night of class for \$40. Grandmaster Lee will offer an optional belt testing at the end of the session for an additional fee.

14, 1 hour sessions **TOH \$68/NR \$85**
March 10-June 9
 4227.101 W 6-7pm

Racquetball League

First two weeks of play will be round robin to determine skill level of each player. We provide you with a weekly schedule and you arrange a match with your opponent at your mutual convenience. The season consists of ten games in an eight week regular season. Playoffs will follow the regular season. Failure to play within the week or report scores is considered a forfeit.

Awards provided to top two finishers in each division. Court fees are included in registration fee. Players receive a punch card to be used during the season.

TOH \$48/NR \$60

Registration deadline: Fri., March 12.
 First week of play begins Sun., March 21.
 Divisions:
 4743.101 Beginner
 4743.102 Intermediate
 4743.103 Advanced

League director reserves the right to combine divisions if necessary. For more information please call the Herndon Community Center **703-787-7300**



SPRING 2010 OPEN GYM SCHEDULE

Monday	11:30am-2:30pm	1/2 Adult Basketball
	2:30-6pm	Teen Club
	8:30-10pm	Adult Basketball
Tuesday	11:30-2pm	1/2 Adult Basketball
	2:30-6pm	Teen Club
	8:30-10pm	Badminton
Wednesday	11:30am-2:30pm	1/2 Adult Basketball
	2:30-6pm	Teen Club
	8:30-10pm	Adult Volleyball
Thursday	11:30am-2:30pm	1/2 Adult Basketball
	2:30-6pm	Teen Club
	7-10pm	Badminton
Friday	11:30am-2:30pm	1/2 Adult Basketball
	2:30-6pm	Teen Club
	6-10pm*	1/2 Adult Basketball & 1/2 Adult Volleyball
Saturday	8:30-11:30am	Badminton
	1:30-5pm	1/2 Youth Basketball
	12-5pm	1/2 Adult Basketball
Sunday	8-10am	Adult Basketball
	11:30am-1:30pm	1/2 Youth Basketball
	2-6pm	Adult Volleyball

Youth = 17 years & under. Subject to change. Check monthly schedule.

*Canceled during Teen Nights

Fitness Room Orientation

Get to know the Fitness Room better! The Fitness Room staff will take you through the room to introduce and demonstrate the cardio machines, free weights, Cybex equipment, and other fitness equipment.

Please sign up at the Fitness Room Desk.

1, 30 minute session
No Fee Tuesdays, 7pm



ExpressFIT

A personalized 30-minute total body workout designed by one of our trainers. The trainer will develop a workout specific to your fitness goals designed to strengthen every major muscle group in 30 minutes. If you are happy with your strength workout but are interested in a new cardio routine, the trainer can design a 30 minute cardio workout in place of strength. ExpressFIT sets you up with a workout on file in the Fitness Room to do each time you are here.



1, 45 minute session TOH \$50/NR \$50
4274.200

1-hour session with fitness assessment & evaluation TOH \$75/NR \$75
4274.201

OsteoFIT

Osteoporosis is a disease marked by decreases in bone mass. Such decreases lead to an increased risk of bone fracture in many men and women. Whether you have osteoporosis now or are hoping to avoid it, OsteoFIT is a program to help. Research demonstrates that exercise can prevent bone loss and, in some cases, can reverse bone loss! There are certain exercises that have been found to promote bone density more than others. OsteoFIT is a one-on-one session with a personal trainer to teach you a workout that promotes bone density and total body strength.



1, 60 minute session TOH \$50/NR \$50
4278.200

Nearly two-thirds of the American population is overweight or obese. Sign up for a personal training session and enjoy a customized exercise program.

Personal Training

Ages 14 & up

Whether you're looking for someone to cheer you on or to push you to the limit, we can help. Each package (6 or more sessions) includes a full fitness assessment and evaluation, a detailed, custom-designed exercise regimen, and a personal trainer with you every step of the way!



Group Personal Training

Ages 14 & up

Often, the key to sticking to a workout routine is having a workout partner or two to keep you on track. If you'd like to workout with a few friends here's your chance! Find a trainer that fits your schedule and call Liz Kamp to register. If you'd like to be a part of Group Personal Training but don't have a partner, contact Liz Kamp at liz.kamp@hernndon-va.gov or **(703) 435-6800 x2127** and she'll try to match you with someone with similar abilities.



Personal Training PLUS

Ages 16 & up

Sometimes we need a little more accountability to reach our goals. Personal Training PLUS is a supplemental program for any personal training regimen. You'll receive a food and nutrition log book. Each meeting will consist of going over your log book with your trainer while receiving nutrition and fitness tips to keep you on track. Add Personal Training PLUS to your Personal Training package in order to add 15 minutes onto any regular session.



6, 15 minute sessions TOH \$34/NR \$45
4274.600

10, 15 minute sessions TOH \$56/NR \$75
4274.601

Team Training

NEW

Are you on a high school sports team? Do you want that extra edge over your competition? Try Team Training with one of our Certified Personal Trainers. We'll get you moving faster, jumping higher and keeping injuries at bay. Call Liz Kamp at **703-435-6800 x2127** for more details about pricing and availability.

Personal Training Fees

Town of Herndon Resident/Non-Resident

One-on-One Personal Training

1, 30 minute session 4274.100 \$29/ \$38	1, 45 minute session 4274.101 \$33/ \$50
6, 30 minute sessions 4274.102 \$146/ \$195	6, 45 minute sessions 4274.103 \$191/ \$255
10, 30 minute sessions 4274.104 \$180/ \$240	10, 45 minute sessions 4274.105 \$282/ \$375

Group Personal Training Fees (per person)

Town of Herndon Resident/Non-Resident

2 People Training

1, 45 minute session 4274.800 \$24/ \$32	8, 45 minute sessions 4274.803 \$171/ \$228
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3-6 People Training

1, 45 minute session 4274.801 \$21/ \$28	8, 45 minute sessions 4274.804 \$146/ \$194
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7-10 People Training

1, 45 minute session 4274.802 \$18/ \$23	8, 45 minute sessions 4274.805 \$120/ \$160
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20 Pound Challenge

NEW

Ages 18 & up

We challenge you to lose 20 pounds in 12 weeks. If you have 20 pounds or more to lose in order to reach a healthy weight (Body Mass Index of 18.5-24.9) this is your chance. With the expertise of a Nutritionist and a Certified Trainer we'll show you the way. By enrolling and successfully completing the program you'll earn two free 30 minute personal training sessions! This program requires a commitment to two meetings per week with the group as well as work on your own. If you're serious about making healthy decisions and living a healthy lifestyle then the 20 Pound Challenge is for you. You'll receive a fitness and nutrition log to track your progress. Our nutritionist will give you the tools you need for success at each Monday meeting held in the Preschool Room. There will be a grocery store visit for the second nutrition meeting. Thursday's fitness classes in the gym will be a variety of activities; some of which will teach you workouts you can do at home without equipment.

24, 1 hour meetings TOH \$169/NR \$225

March 8-May 27

4274.800	M	6-7pm
	Th	7-8pm

Mom's Mini Boot Camp

NEW

Is your child in Combination Dance? Is it hard to find time for your workouts? Come down to the Fitness Room for a quick but tough workout with one of our trainers. The workout will focus on strength with bursts of cardio to get your heart pumping. Have another little one with you? The babysitting room is open during this time. Take 30 minutes for yourself and get energized for the day.

12, 30 minute sessions TOH \$45/NR \$60
March 10-June 2
 4278.300 W 11:15-11:45am

Senior Circuit Ages 45 & up

A great way to socialize and get a workout at the same time. A certified personal trainer will lead the group through a total body workout in the Fitness Room. All ages and abilities are welcome. Modifications will be made for individuals with any physical restrictions.

10, 45 minute sessions TOH \$47/NR \$62
March 8-May 10
 4278.100 M 9:30-10:15am
March 11-May 13
 4278.101 Th 9:30-10:15am



Fit in a Flash for Women

NEW

Has your body thrown you a curveball that only women can understand and suddenly your workouts aren't having the same effect as they used to? Fit in a Flash will boost your metabolism and increase your body strength. The goal of the class is to get a tough workout in the Fitness Room while making friends with other women in the same stage of life. If the word "flash" typically comes after "hot" when you use it then this class is for you!

10, 50 minute sessions TOH \$64/NR \$85
March 11-May 20
 4278.401 Th 12:10-1pm

Circuit Training for Tennis Strength

NEW

Ages 16 & up

Do you want to get to that ball at the net a little faster? Maybe your shoulder has been giving you some trouble? This circuit training class led by Liz Kamp will help keep you injury free and will improve your game. As a tennis player herself, Liz knows how important strength training is for tennis.

10, 1 hour sessions TOH \$68/NR \$100
March 9-May 18
 4278.500 T 12-1pm

See Tennis classes on page 19

Running 101 Ages 16 & up

Led by Fitness Specialist, Liz Kamp, Running 101 is a small group training class for new runners to prepare for the 2010 Herndon Festival 5k. The focus of the program is to teach proper running technique, injury prevention, agility training and strength training specific to runners. Mondays will be devoted to running outside rain or shine; Fridays will be strength classes held in the Fitness Room.

24, 1 hour sessions TOH \$116/NR \$155
12, 1 hour running classes (may vary from 45 60 minutes depending on distance run)
12, 1 hour strength classes
March 8-May 26
 4274.400 M/F 12-1pm



Running 201 Ages 16 & up

An intermediate course designed to train participants to be able to run a 10K (6.2 mile) race. In addition to increasing base level of conditioning, this course will focus on improving strength and flexibility, core stability and speed. Running 201 is scheduled to be completed just in time for the 2010 Herndon Festival 10k race. Monday nights will be strength classes held in the gym with Jeff Burden; Friday mornings will be devoted to running outside with Colette Lambert.

24, 1 hour sessions TOH \$116/NR \$155
12, 1 hour running classes
12, 1 hour strength classes
March 8-May 28
 4274.401 M 6:15-7:15pm
 F 6:15-7:15am

Fit Club for Kids Ages 8-11

If your child is not participating in sports but enjoys being active, our Fit Club for Kids is just for him or her. This is an active club that will meet one-two times per week to participate in activities aside from competitive sports. The focus of the club is to provide children with a means to be active and social all at once. Activities will promote teamwork, healthy lifestyles, confidence and most importantly fun! All children that participate will receive a Fit Club for Kids t-shirt. Fit Club for Kids will be held in Community Room #1 but may have some activities outside if weather permits.

10, 45 minute sessions TOH \$75/NR \$100
March 15-June 7 (no class 3/29, 4/12, 5/31)
 4244.500 M 5:15-6pm
March 17-May 26 (no class 3/31)
 4244.501 W 5:15-6pm



Fitness Boot Camp for Teens

NEW

Like playing sports or working out but want a tougher workout? This Boot Camp will push you and give you ideas for workouts on your own. The classes will be held in the Fitness Room and Racquetball Court #3. Be prepared for a tough total body workout with one of our Certified Personal Trainers.

10, 45 minute sessions TOH \$75/NR \$100
Girls Only
March 8-May 24 (no class 3/29 & 4/12)
 4244.600 M 4:15-5pm
Boys Only
March 10-May 19 (no class 3/31)
 4244.601 W 4:15-5pm

**No classes
April 12 &
May 29-31**



YOUTH FITNESS

Youth Fitness

Orientation Ages 12-16

Ages 12-15 are required to hold a Youth Fitness Pass to use the Fitness Room. Once the youth is 16 years old, he/she does not have to carry a Youth Fitness Pass. Orientations teach proper use of the equipment, techniques, and safety in the Fitness Room. You only need to successfully attend one session in order to obtain a Youth Fitness Pass. Sessions are held weekly; choose the week most convenient for you and begin your own workout program at the HCC.

1, 45 minute session TOH \$5/NR \$5
March 9-June 8
4245.100 T 6-6:45pm

Introduction to Weight Lifting Ages 12-16

The main focus for this class is learning safe weight lifting exercises. This class will also introduce basic exercises specific to body parts, breathing techniques, and will teach students how to track their own progress by recording their workouts. The class will emphasize the importance of physical fitness and muscular development for healthy living. Students will earn a Youth Fitness Pass with successful completion of this course.

6, 45 minute sessions TOH \$30/NR \$38
March 11-April 22 (no class 4/1)
4244.100 Th 5:30-6:15pm
May 6-June 10
4244.101 Th 5:30-6:15pm

Intro to Strength and Conditioning Ages 12-16

This course is designed to lay a foundation for athletic success. Students will learn proper approach to increase strength, power, speed and stamina. Students will also learn how balance, agility and coordination can help improve performance at any level in any sport or competition.

Must have completed Introduction to Weight Lifting

6, 45 minute sessions TOH \$40/NR \$53
March 11-April 22 (no class 4/1)
4244.200 Th 6-6:45pm
May 6-June 10
4244.201 Th 6-6:45pm

OUTDOOR TENNIS CLASSES

Tennis lessons are offered at the Bready Park Tennis Complex, adjacent to the Herndon

Community Center. Classes are organized under the National Tennis Rating Program (NTRP). Refer to the NTRP rating categories on page 19.

Completion of a session does not automatically qualify the student to advance to the next level of classes. The HPRD tennis program reserves the right to dismiss a student from a class if they are below the skill level.

Students must provide their own racquet, two new cans of tennis balls, and may wear athletic footwear, only.

YOUTH TENNIS LESSONS

Outdoor Pee Wee Tennis Ages 4-5

Our innovative program provides the necessary essentials for even the youngest tennis players.

8, 30 minute sessions TOH \$58/NR \$73
April 12-May 5
4711.500 M/W 9:30-10am
4711.502 M/W 10:10-10:40am
4711.504 M/W 10:50-11:20am
May 17-June 14
4711.501 M/W 9:30-10am
4711.503 M/W 10:10-10:40am
4711.505 M/W 10:50-11:20am
April 13-May 6
4711.506 T/Th 4-4:30pm
4711.508 T/Th 4:30-5pm
May 18-June 10
4711.507 T/Th 4-4:30pm
4711.509 T/Th 4:30-5pm

Youth Beginner

Ages 6-8 (1.0-1.5)

8, 45 minute sessions TOH \$62/NR \$78
April 12-May 5
4721.510 M/W 5-5:45pm
4721.511 T/Th 5-5:45pm
May 17-June 14
4721.513 M/W 5-5:45pm
4721.514 T/Th 5-5:45pm
6, 45 minute sessions TOH \$45/NR \$60
May 1-June 12
4721.512 Sa 9-9:45am

Advanced Beginner

Ages 6-8 (2.0-2.5)

8, 45 minute sessions TOH \$62/NR \$78
April 13-May 6
4721.515 T/Th 5-5:45pm
4721.516 M/W 5-5:45pm
April 17-June 12
4721.517 Sa 9-9:45am
May 18-June 10
4721.518 T/Th 5-5:45pm
4721.519 M/W 5-5:45pm

Youth Beginner Ages 9-15 (1.0-1.5)

8, 1 hour sessions TOH \$67/NR \$84
April 13-May 6
4731.520 T/Th 6-7pm
April 17-June 12
4731.521 Sa 10-11am
May 18-June 10
4731.522 T/Th 6-7pm

Advanced Beginner

Ages 9-15 (2.0-2.5)

8, 1 hour sessions TOH \$67/NR \$84
April 12-May 5
4731.523 M/W 6-7pm
April 13-May 6
4731.524 T/Th 7-8pm
May 17-June 14
4731.525 M/W 6-7pm
May 18-June 10
4731.526 T/Th 7-8pm

Intermediate

Ages 9-15 (3.0-3.5)

8, 1 hour sessions TOH \$67/NR \$84
April 12-May 5
4731.527 M/W 7-8pm
April 17-June 12
4731.528 Sa 11am-12pm
May 17-June 14
4731.529 M/W 7-8pm

Intermediate & Advanced Drills & Strategy

Ages 9-15 (3.5-4.5)

8, 1 hour sessions TOH \$67/NR \$84
April 17-June 12
4731.530 Sa 12-1pm

**No classes
May 29-31**



Herndon Junior Tennis League

Each division will consist of a 6 match regular season plus playoffs and is singles play only. Games will consist of an eight game pro set using no-ad scoring. Matches will be held on Sunday's 2-6pm and Wednesday's 5-8pm with instruction needed. Play will begin on Sunday, April 18 and runs through mid-June. The registration deadline is April 12. Players must provide their own balls for the matches. Play times may vary depending on the number of participants. For more information please call instructor at **703-953-1663**. There will be no matches held Sunday, May 30.

TOH \$63/NR \$79

Boys Masters (ages 10-15) 4721.542
Girls Masters (ages 10-15) 4721.544
No classes May 29-31



Spring Break Tennis Camp

Ages 9-12

A great way for kids to spend their break, learning tennis and having fun. The camp will feature on and off court instruction, warm-ups and conditioning. Individual instruction and match play are also included. The camp includes a daily swim – participants must bring a bathing suit and towel every day. Students must provide their own racquet and a new can of balls. In case of inclement weather during the session other sport activities (such as racquetball, wallyball, and table tennis) may be substituted.

4, 3 hour sessions TOH \$74/NR \$93

March 29-April 1

4721.911 M-Th 8:30-11:30am
4721.912 M-Th 12:30-3:30pm

April 5-April 8

4721.913 M-Th 8:30-11:30am
4721.914 M-Th 12:30-3:30pm



Inclement Weather Policy

Decision on outdoor tennis classes will be made one hour prior to the start of class. Late cancellations may occur due to unpredictable weather conditions.



NTRP Ratings

Classes are organized according to player ability. Player ability is categorized according to the National Tennis Rating Program.

1.0-1.5 BEGINNER Just starting to play; limited experience and trying to keep the ball in play.

2.0-2.5 ADVANCED BEGINNER Incomplete swing and serving motion; incomplete service motion and avoids backhand; can sustain a short rally of slow pace; inconsistent volleys; can lob intentionally but with little control and can make contact on overheads.

3.0-3.5 INTERMEDIATE Forehand fairly consistent with direction and depth; backhand has direction and control; consistent forehand volley and inconsistent backhand volley; starting to serve with control and some power, developing spin; can lob consistently on moderate shots and can sustain a rally fairly consistently; has improved court coverage.

4.0 ADVANCED Can hit forehand and backhand consistently with depth and control; places both first and second serves often with power and spin; depth and control on forehand volleys and can direct backhand volleys; can put away overheads and follow aggressive shots to net; able to lob defensively on difficult shots.

ADULT TENNIS LESSONS 16 & UP

Adult Beginner

(1.0 – 1.5)

8, 1 hour sessions TOH \$67/NR \$84

April 12-May 5

4741.531 M/W 6-7pm

April 17-June 12

4741.532 Sa 8-9am

May 17-June 14

4741.533 M/W 6-7pm

Advanced Beginner

(2.0-2.5)

8, 1 hour sessions TOH \$67/NR \$84

April 12-May 5

4741.534 M/W 7-8pm

April 17-June 12

4741.535 Sa 9-10am

May 17-June 14

4741.536 M/W 7-8pm

Intermediate Drills & Strategy

(3.0-3.5)

8, 1 hour sessions TOH \$67/NR \$84

April 12- May 5

4741.537 M/W 8-9pm

April 17-June 12

4741.538 Sa 10-11am

May 17-June 14

4741.539 M/W 8-9pm

Doubles Play and Strategy (All levels)

Come with a partner or be paired with one during sessions. These classes will help to develop your skills while also teaching you how to play as a team. Men's, women's, and mixed doubles players are welcome.

8, 1 hour sessions TOH \$67/NR \$84

April 12-May 5

4741.540 M/W 10-11am

May 17-June 14

4741.541 M/W 10-11am

Fit & Over 50 Tennis

Ages 50 & up (All levels)

Stay feeling young and keep your body in shape by taking part in our senior tennis program. Beginners through seasoned players are welcome. Players are grouped according to skill.

8, 1 hour session TOH \$67/NR \$84

April 12-May 5

4751.542 M/W 9-10am

May 17-June 14

4751.543 M/W 9-10am

TOH = people who live in the Town of Herndon limits
NR = people living outside the Town of Herndon limits

No classes
May 29-31



See p.17 for
Circuit Training
for Tennis
Strength

No classes
March 29-
April 2 &
May 29-31



GYMNASTICS

Preschool Gymnastics

A well rounded developmental program especially designed for children ages 2-3 years. Preschoolers will learn gymnastics and fitness in a fun and safe environment in a successful program that achieves perpetual motion and shouts FUN!

Parent-Child Ages 2-3 years

Parent/child class is an enjoyable physical, mental, and social experience for your toddler up to three years of age. This class is a playful parent/tot class centered on age appropriate movements, songs and activities. The class is set up as part structure and part free time (allowing for imaginary play). Participation will enhance your toddler's body awareness, build on confidence, procedures and is also a great way for you and your child to meet new friends and stay active.

12, 45 minute sessions TOH \$72/NR \$90

March 8-June 7		
4712.400	M	9:30-10:15am
March 9-June 1		
4712.401	T	9:30-10:15am
March 10-June 2		
4712.402	W	9:30-10:15am
March 11-June 3		
4712.403	Th	9:30-10:15am
March 12-June 4		
4712.404	F	9:30-10:15am
March 13-June 12		
4712.405	Sa	9-9:45am

ADAPTED GYMNASTICS

Kids Only Ages 4-7

Children with disabilities learn basic gymnastics in a safe environment through obstacle course activities. Participation will enhance movement, balance, coordination, and socialization. Designed with an instructor to participant ratio of 1:3, which provides safe instruction and builds confidence. Program is designed as a child/teacher. (Child must be ready to separate from parent during class). Students should wear appropriate gymnastic attire (leotard or tight fitting clothing). No jeans or clothing with snaps, buckles or buttons.

12, 30 minute sessions TOH \$48/NR \$60

March 8-June 7		
4712.420	M	12:30-1pm
March 13-June 12		
4712.421	Sa	11-11:30am



MUNCHKATEERS

Munchkateers program is a co-ed movement program combining fitness, music activities, elementary gymnastics, rhythm and games. This program will assist in developing your child's flexibility, strength, motor coordination, and following procedures. All classes are structured, and children should be ready for group instruction. Students should wear appropriate gymnastic attire (leotard or tight fitting clothing). Please no jeans or clothing with snaps, buckles or buttons.

Munchkateer I Ages 3-4

12, 45 minute sessions TOH \$72/NR \$90

March 8-June 7		
4712.407	M	10:30-11:15am
March 9-June 1		
4712.408	T	10:30-11:15am
March 10-June 2		
4712.409	W	11:45am-12:30pm
March 11-June 3		
4712.410	Th	10:30-11:15am
March 12-June 4		
4722.411	F	10:30-11:15am
March 13-June 12		
4712.412	Sa	10-10:45am

Munchkateer II Ages 4-6

12, 45 minute sessions TOH \$72/NR \$90

March 8-June 7		
4712.413	M	11:30am-12:15pm
March 9-June 1		
4712.414	T	11:30am-12:15pm
March 10-June 2		
4712.415	W	12:45-1:30pm
March 11-June 3		
4712.416	Th	11:30am-12:15pm
4712.417	Th	12:30-1:15pm
March 12-June 4		
4712.418	F	11:30am-12:15pm
March 13-June 12		
4712.419	Sa	11-11:45am

Tumbling and Cheer

Ages 7 & up

For cheerleaders or gymnasts who want to improve their gymnastic skills. Designed for students who desire to improve their tumbling and cheerleading skills. Will focus on tumbling, cheers, stunts and conditioning.

12, 1.5 hour sessions TOH \$108/NR \$135

March 8-June 7		
4722.425	M	5:15-6:45pm

Young Beginners

Designed as a transition program to the school age gymnastics program, class will focus on skill development as opposed to an introductory program. Participant must have attended at least one or more sessions of Munchkateers program or participated in a gymnastic program at another gym. Students should wear appropriate gymnastic attire (leotard or tight fitting clothing). No jeans or clothing with snaps, buckles or buttons.

Age 4-6

12, 45 minute sessions TOH \$72/NR \$90

March 8-June 7		
4722.426	M	1:30-2:15pm
4722.427	M	2:30-3:15pm
March 9-June 1		
4722.428	T	3-3:45pm
4722.429	T	4-4:45pm
March 10-June 2		
4722.430	W	3-3:45pm
March 11-June 3		
4722.431	Th	1:30-2:15pm
4722.432	Th	3-3:45pm
March 13-June 12		
4722.442	Sa	12-12:45pm

Gymnastic Levels

Level One: No experience necessary. May need to repeat several times before advancing to next level.

Level Two: Must have previous experience with level one, which includes ability to execute a cartwheel, squat on vault, pull over and a squat turn on beam.

Level Three: Must have previous experience in level two, which includes ability to execute a running hurdle cartwheel, handstand, pull over with cast on uneven bars and cartwheel on low beam.

Advancement based on form and obtaining the required skill per level

SCHOOL AGE GYMNASTICS

The school age program includes instruction in floor exercise, balance beam, uneven bars and vaulting. Participants learn the fundamental progressions and are introduced to basic skills on each event. Participants are grouped by age and ability. Advancement is based on obtaining the required skill and form. Levels can be repeated, if necessary, to acquire the skills to advance. Instructors reserve the right to suggest appropriate level based on skill reviews. The HPRD gymnastics program reserves the right to dismiss a student from a class if they are below the skill level necessary to complete the class or if a child presents a safety concern in the class. Students should wear appropriate gymnastic attire (leotard or tight fitting clothing). No jeans or clothing with snaps buckles or buttons.



GYMNASTICS FOR GIRLS

Level I Ages 5-12

12, 1.5 hour sessions	TOH \$108/NR \$135
March 8-June 7	
4722.433 M	3:30-5pm
March 9-June 1	
4722.434 T	5-6:30pm
March 10-June 2	
4722.435 W	5-6:30pm
March 11-June 3	
4722.436 Th	4-5:30pm
12, 1 hour sessions	TOH \$72/NR \$90
March 13-June 12	
4722.437 Sa	12-1pm

Level II Ages 5-12

12, 1.5 hour sessions	TOH \$108/NR \$135
March 8-June 7	
4722.438 M	3:30-5pm
March 9-June 1	
4722.439 T	5-6:30pm
March 10-June 2	
4722.440 W	5-6:30pm
March 11-June 3	
4722.441 Th	4-5:30pm

Level III Ages 7 & up

12, 1.5 hour sessions	TOH \$108/NR \$135
March 9-June 1	
4722.443 T	5-6:30pm
March 10-June 2	
4722.444 W	5-6:30pm

GYMNASTICS FOR BOYS

Boys Ages 5-12

12, 45 min sessions	TOH \$72/NR \$90
March 9-June 1	
4722.445 T	4-4:45pm
March 10-June 2	
4722.446 W	4-4:45pm

Parks in Herndon

Alabama Drive Park

Located on Alabama Drive. This 10-acre park has two basketball courts (lighted), soccer, one 60' and one 90' baseball field (both lighted), new playground equipment for ages 5-12, and a tot lot.

Bready Park

Located on Ferndale Avenue adjacent to the Herndon Community Center. Facilities at the park include picnic shelter, softball and 60' baseball field (both lighted), outdoor basketball, six lighted tennis courts, indoor tennis courts Oct-May, soccer field, and play apparatus. Sports fields are available for scheduled leagues. Shelter is available for reservations.

Bruin Park

Located on Van Buren Street. An 8-acre neighborhood park includes a large play area, picnic shelter and features two tennis courts, softball field, basketball court and open play area. The park is available on a first-come, first-served basis.

Chandon Park

Located on Palmer Drive off the Herndon Parkway. Park includes two tennis courts, a tot play area, a softball field, and a fenced dog park.

Cuttermill Park

A 6-acre neighborhood park located between the Cuttermill and Westfield subdivisions. The park includes a tot lot, baseball/t-ball fields, walking areas and a multipurpose court for volleyball and basketball. A mini basketball court to accommodate younger children is available, and playground equipment for ages 5-12 and a tot lot.

Spring Break Acro/Gymnastic Camp

Ages 5-12

This camp combines jazz, hip hop and tumbling choreographed together to upbeat music. Students will learn a routine that will be presented to the parents on the last day of class. Activities include; dancing, gymnastics, crafts, swimming and games. Come join the fun and stay fit this spring. Campers should bring a snack and bathing suit.

5, 6 hour sessions	TOH \$80/NR \$100
March 29-April 2	
4722.447 M-F	9am-3pm

Haley M. Smith Park

Located off Van Buren Street at Herndon Parkway. The park features two 60' baseball/softball fields, soccer/multi-use field, basketball & sand volleyball courts, and a play area.

Harding Park

Corner of Jefferson and Van Buren Streets. This neighborhood area features children's play area, park benches and open play space.

Runnymede Park

Herndon's 58-acre nature park is located on Herndon Parkway between Elden and Queens Row Streets. Provides passive recreational opportunities and features a native plant garden with over 100 different species of plants, flowers and wildlife. Open dawn to dusk for hiking, birdwatching, nature study and picnicking. Park includes two picnic shelters (can be reserved) and a paved handicap-accessible trail.

Spring Street Park

Corner of Spring and Van Buren Streets. This passive area has a walking path and park benches.

Stanton Park

Located on Third and Monroe Streets. This 10-acre neighborhood park is very rustic, with large natural areas. Facilities at the park include a shelter, picnic facilities, walking trails and a play area. This park is available on a first come, first-served basis.

Trailside Park

Located on Crestview Drive. The park includes a picnic shelter with picnic tables, grills, play apparatus, sand volleyball court, and an open play area. The picnic shelter is available for reservations.

Visit www.herndon-va.gov for a map of parks



Parks are a sanctuary for us in a chaotic world. The experience of nature confers a sense of sanity. It bestows a spiritual calmness that helps people cope.

Runnymede Park

Runnymede Park is open from dawn to dusk. The park offers excellent opportunities for hiking, bird watching, nature study and picnicking. Remember all pets must remain on the leash, and please pick up after your pet!

You can schedule activities in Runnymede Park for:

- Scout Badge Work & Activities
- Schools
- Volunteer Projects
- Internships
- Community Service

These can be scheduled by calling **703-435-6800 x2134** or the Town Community Forester at **703-435-6800 x2014**.

Picnic shelters are available for rental, call **703-787-7300**.

Do you have questions or concerns regarding Trees? The Town Forester is available to answer your questions. Call **703-435-6800 x2014**.

6th Annual Kids Trout Fishing Derby

Ages 2-15

We have the perfect opportunity to introduce your kids to fishing. All the necessary equipment will be provided to make your day successful! In addition,

Trout Unlimited will help clean and store your catch. Volunteers will be on hand to teach you how to bait, cast, hook, and cook your freshly caught dinner. Please wear shoes you don't mind getting wet or muddy, no sandals. All kids **MUST** be accompanied by an adult.

Event meets behind the Herndon Police Station on the Sugarland Run Trail.

Teens and adults ages 16 & up and **MUST** have a valid Virginia State Fishing License to fish. Adults are not permitted to fish during kid's fishing time. See staff or volunteers for dates and times of extended fishing hours.

1, 5 hour session TOH \$6/NR \$6

March 20
4360.601 Sa 7am-12pm



Bird Walk

Ages 16 & up

Take a leisurely walk through Runnymede Park to look for birds. Learn identification tips, habitat requirements of different species, and listen to their songs. Please bring water, binoculars, insect repellent, and wear sturdy footwear. Meet at front picnic pavilion.

1, 3 hour session TOH \$5/NR \$5

March 14
4361.011 Su 7:30-10:30am
April 11
4361.012 Su 7:30-10:30am
May 16
4361.013 Su 7:30-10:30am



Little Nature Inspector

Ages 4-6

A hands on approach to teaching environmental education to young children. Each class includes child safe experiments and plenty of "take homes" to reinforce each lesson. Designed to increase children's imagination, curiosity, and exposure to our natural world and our web of life. Meet at the Herndon Community Center.

3, 1 hour sessions TOH \$40/NR \$40

Rocks, Trees, and Water

April 7, 14, 21
4361.001 W 4-5pm
April Showers, May Flowers, and June Bugs
May 5, 12, 19
4361.002 W 4-5pm

Deer Oh Deer! What Can We Do?

Ages 18 & up

Over populations of deer in our suburban neighborhoods are an ever-increasing challenge to homeowners and community associations. Come and learn more about deer biology and management techniques, as well as ways to help reduce deer damage to gardens and ornamental plantings around your home. Various strategies for dealing with deer, including exclusion techniques, repellents, and alternative planting choices. Please meet at the picnic shelter. Inclement weather meet at Herndon Community Center.

1, 90 minute session TOH \$5/NR \$5

April 10
4360.602 Sa 10-11:30am

Meet the Beetles

Ages 6-9

Beetles are the most diverse group of animals, making up 20% of all animals on Earth. Discover what makes beetles unique among insects, observe some awesome specimens and create a beetle project to take home. Please meet at Runnymede Park Picnic Shelter.

1, 2 hour session TOH \$8/NR \$8

May 8
4360.603 Sa 10am-12pm



Life Under A Rotting Log

Ages 6-11

A fun-filled investigation of a rotting log, and the diverse life that lives in, on and under it, and it's beneficial role in nature. Come prepared to get dirty. Please meet at Runnymede Park Picnic Shelter.

1, 1.5 hour session TOH \$8/NR \$8

May 23
4360.604 Su 10-11:30am

22nd Annual Sugarland Run & Runnymede Park Clean Up Day

Saturday, April 17 (Rain date: April 24), 8am-12pm

Sponsored by: The Friends of Runnymede Park and the Town of Herndon Departments of Community Development and Parks and Recreation

In addition, there will be a tree planting to celebrate Arbor Day. Choose between stream clean-up or native plant garden assignments. Meet at main entrance at Runnymede Park. Bring work gloves and wear suitable clothing. For more information contact the Town Forester at **703-435-6800 x 2014**. **Groups:** Please call to pre-register and receive assignments.



BABY BALLERINAS

Baby Ballerinas Ages 2-3

An exciting dance class for the little ones! This class will teach basic ballet positions. *Leotards, tights, and ballet slippers are required.*

12, 45 minute sessions TOH \$82/NR \$103

March 8-June 7		
4421.001	M	10-10:45am
March 10-June 2		
4421.002	W	10-10:45am
March 12-June 4		
4421.003	F	11-11:45am
March 13-June 5		
4421.004	Sa	9:15-10am

BALLET TECHNIQUE

Learn the basics of ballet. Goals include proper posture and the learned choreography of a dance performance for the last day of class to be held for parents and friends. *Leotards, tights, and ballet slippers are required.*

Beginner Ages 3-4

No experience needed

12, 45 minute sessions TOH \$82/NR \$103

March 13-June 5		
4421.005	Sa	10-10:45am

Beginner Ages 3-5

No experience needed

12, 45 minute sessions TOH \$82/NR \$103

March 8-June 7		
4421.006	M	10:45-11:30am
March 9-June 1		
4421.007	T	10-10:45am

Beginner Ages 6-10

No experience needed

12, 1 hour sessions TOH \$82/NR \$103

March 8-June 7		
4421.008	M	2:30-3:30pm

Intermediate Ages 3-5

1 session experience required

12, 45 minute sessions TOH \$82/NR \$103

March 8-June 7		
4421.009	M	11:30am-12:15pm
March 9-June 1		
4421.010	T	10:45-11:30am
March 13-June 5		
4421.011	Sa	10:45-11:30am

Advanced Ages 4-6

1 session experience required

12, 45 minute sessions TOH \$82/NR \$103

March 12-June 4		
4421.012	F	11:45am-12:30pm
March 13-June 5		
4421.013	Sa	11:30am-12:15pm



BALLET/TAP/JAZZ

Learn basic tap, jazz, and beginning ballet technique. *Ballet and tap shoes required.*

Intermediate Ages 5-8

2 sessions experience needed

12, 1 hour sessions TOH \$82/NR \$103

March 11-June 3		
4421.014	Th	5:30-6:30pm

Advanced Ages 7-12

3 sessions experience needed

12, 1.5 hour sessions TOH \$122/NR \$153

March 13-June 5		
4421.015	Sa	2:15-3:45pm

Tap Dance Ages 5-8

Learn basic tap technique with inspiration from a popular movie. Choreography to the song, "Dance Like a Penguin: Stomp to the Beat" from the movie "Happy Feet" will be learned and performed at the end of the session.

No experience needed

12, 1 hour sessions TOH \$82/NR \$103

March 9-June 1		
4421.016	T	5:30-6:30pm

COMBINATION DANCE

Offering the student experience in tap, ballet, and tumbling technique. *Tap and Ballet shoes required.*

Beginner Ages 3-5

No experience needed

12, 1 hour sessions TOH \$82/NR \$103

March 8-June 7		
4421.017	M	12:15-1:15pm
March 9-June 1		
4421.018	T	11:30am-12:30pm
March 10-June 2		
4421.019	W	11am-12pm
March 13-June 5		
4421.020	Sa	12:15-1:15pm

Beginner Ages 4-6

No experience needed

12, 1 hour sessions TOH \$82/NR \$103

March 9-June 1		
4421.021	T	4:30-5:30pm

Today there are nearly twice as many overweight children and almost three times as many overweight adolescents as there were in 1980. Enroll your child in a dance class.

Parent Observation of Classes:

To ensure an independent learning experience and to foster a quality, and rewarding learning environment in our youth classes, parents shall remain outside the classroom. In swim classes, parents may sit in the bleacher area. The class instructor will notify parents if an observation day will be held at the end of the session. If you have a special consideration, please contact the Parks and Recreation office to speak with the Recreation Program Supervisor.

Beginner Ages 6-10

No experience needed

12, 1 hour sessions TOH \$82/NR \$103

March 8-June 7		
4421.022	M	3:30-4:30pm

Intermediate/Advanced Ages 4-6

2 sessions experience needed

12, 1 hour sessions TOH \$82/NR \$103

March 8-June 7		
4421.023	M	1:15-2:15pm
March 9-June 1		
4421.024	T	12:30-1:30pm

Intermediate/Advanced Ages 5-8

1 session experience needed

12, 1 hour sessions TOH \$82/NR \$103

March 13-June 5		
4421.025	Sa	1:15-2:15pm

HIP-HOP DANCE

Emphasizes energy and incorporates basic jazz steps with a modern style. *Jazz shoes or Ballet slippers required.*

Beginner Ages 4-6

No experience needed

12, 1 hour sessions TOH \$82/NR \$103

March 11-June 3		
4421.026	Th	4:30-5:30pm

Beginner Ages 7-12

No experience needed

12, 1 hour sessions TOH \$82/NR \$103

March 10-June 2		
4421.040	W	4-5pm
March 13-June 5		
4421.027	Sa	3:45-4:45pm

**No classes
March 29-
April 2,
May 29**



**See p.17 for
Mom's Mini
Boot Camp**



No classes
March 29-
April 2,
May 29

Intermediate/ Advanced Ages 7-12

1 session/6 months experience
needed

12, 1 hour sessions TOH \$82/NR \$103
March 10-June 2
4421.028 W 5-6pm

ADULT DANCE

Ballet Technique

Ages 16 & up

Ballet class includes barre work and floor combinations. Men and women of all ages are welcomed and encouraged. Required class attire: leg covering (tights, leggings, or sweat pants), a leotard or close-fitting T-shirt, ballet slippers and hair confined. (All Levels)

12, 1.5 hour sessions TOH \$122/NR \$153
March 9-June 1
4421.041 T 6:30-8pm
March 11-June 3
4421.029 Th 6:30-8pm
12, 1 hour sessions TOH \$82/NR \$103
March 12-June 4
4421.030 F 10am-11am

Salsa Ages 16 & up

No experience needed

12, 1 hour sessions TOH \$82/NR \$103
March 9-June 1
4421.031 T 8-9pm

Tango Ages 18 & up

The most passionate and dramatic of the ballroom dances.

No experience needed

12, 1 hour sessions TOH \$82/NR \$103
March 10-June 2
4421.032 W 7-8pm

Latin Dance Ages 18 & up

Cha Cha, Rumba, and Samba are covered.

12, 1 hour sessions TOH \$82/NR \$103
March 11-June 3
4421.033 Th 8-9pm

Waltz and Foxtrot

18 & up

Would you like to dance like the stars? Do you have a wedding or special event that you want to dance at? This is the class for you! Learn the ball room classics-the waltz and fox trot taught by dance partners Kacy and Michael!

No experience needed

12, 1 hour session TOH \$82/NR \$103
March 10-June 2
4421.034 W 8-9pm

Intro to Swing Dance

Ages 16 & up

Learn basic swing steps, loops, turns, kicks, combination steps, triple step and single step covered.

12, 1 hour sessions TOH \$82/NR \$103
March 10-June 2
4421.035 W 6-7pm

BELLY DANCE Ages 16 & up

A fun, low-impact, cardiovascular workout! It focuses particularly on the torso, promoting abdominal strength, all over flexibility, proper alignment, and great body posture. Participants are asked to wear comfortable clothing, bring a scarf or belt long enough to tie around the hips, and a piece of lightweight fabric measuring 3 yards by 45 inches.

Belly 1

No experience needed

12, 1 hour sessions TOH \$82/NR \$103
March 8-June 7
4421.036 M 6-7pm

Belly 2

12 weeks of experience required.

12, 1 hour sessions TOH \$82/NR \$103
March 8-June 7
4421.037 M 7-8pm

ADULT TAP DANCE

Ages 16 & up

Tap shoes required.

Beginner

No experience needed

12, 1 hour sessions TOH \$82/NR \$103
March 8-June 7
4421.038 M 5-6pm

GROUP ACOUSTIC GUITAR

This class will focus on introductory guitar techniques. Students will learn how to read music, play chords, finger picking patterns and the structure of songs. Students must provide their own instrument, classical or acoustic guitars only. No class March 29.

YOUTH

Beginner Ages 7-12

No experience necessary

12, 55 minute sessions TOH \$91/NR \$114
March 8-June 7
4421.047 M 4-4:55pm

Intermediate/ Advanced Ages 7-12

8 weeks experience or instructor's approval

12, 55 minute sessions TOH \$91/NR \$114
March 8-June 7
4421.048 M 5-5:55pm

ADULTS

Beginner Ages 13 & up

No experience necessary

12, 55 minute sessions TOH \$91/NR \$114
March 8-June 7
4421.050 M 6-6:55pm

Intermediate/ Advanced Ages 13 & up

8 weeks experience or instructor's approval

12, 55 minute sessions TOH \$91/NR \$114
March 8-June 7
4421.051 M 7-7:55pm

Private Guitar Lessons

Ages 7 & up

Private instruction will proceed at the student's pace. If you are interested, call our office at 703-435-6800 x2120 and place your name on the list. The instructor will contact you to confirm a time, and then you may register for the class. Instructional book is included in the cost of the class.

12, 40 minute sessions TOH \$166/NR \$208
4421.053



When citizens get involved with their park and recreation systems, their quality of life improves – sign up for a class.

CHESS

Has your child shown an interest in chess? Chess is growing in popularity, and everyone should know how to play. With Seymour Samet's instruction, the game will help develop critical thinking skills, concentration, and basic strategy. Chess sets will be provided.

Beginner Ages 8-12

Student will learn the following: the parts of the board, how the chessman move and capture; rules of castling; the starting position; difference between check, checkmate and stalemate; the elementary checkmates and how to keep score.

8, 1.25 hour sessions TOH \$65/NR \$81
March 13-May 1
 4645.010 Sa 10:30-11:45am

Intermediate Ages 8-12

Student will learn the values of the chessmen; tactics of chess including pins, forks, skewers, discovered attack, discovered check and double check; guidelines to opening play; fool's mate and scholar's mate.

8, 1.25 hour sessions TOH \$65/NR \$81
March 13-May 1
 4645.011 Sa 12-1:15pm

TEEN NIGHTS

Middle School Students Only

Here's your chance for exclusive use of the Teen Center! There will be a deejay, game room, snack bar, and room to chill with friends. Held at the Herndon Community Center. This is not a FCPS sponsored event.

Friday, March 19

Friday, April 23

8-10:30pm

\$4/advance* \$5/at door**

*Tickets will be sold at the Herndon Middle School the Thursday and Friday prior to event.

**Must present school ID or have parent present when purchasing admission at the door.

Currently, more than a third of children in grades 9-12 fail to exercise at least 20 minutes a day, three times a week – sign up your teen for athletic training for teens.

Intro to Digital Photography Ages 16 & up

Thinking about buying a digital camera or had one for some time – learn to get the most from your camera. Learn what all the dials, buttons, switches and menu items do for you. Find out how to optimize your photographs and archive them for storage and display, and in addition, how to integrate your photos into email, web pages and digital files.

8, 1.5 hour sessions TOH \$70/NR \$88
March 17-May 5
 4641.004 W 7-8:30pm

Photoshop Elements 7

Ages 13 & up

Through this course students will learn to master Photoshop Elements core concepts including: color correction, digital retouching, filters, layers, masks, and special effects.

8, 1 hour sessions TOH \$75/ NR \$94
March 18- May 6
 4641.005 Th 7:30-8:30pm

TEEN CLUB

The Teen Club is open every weekday afternoon from 2:30pm to 6pm featuring Wii, Xbox 360, two wide screen TVs, stereo system, open gym time, computers, and use of the game room including free use of pool tables on select days. Plus members get access to teen club member only special activities and events. The HCC Teen Club is dedicated to teens, grades 7-12 (and under 18) purchase a \$15 Teen Club Membership and take advantage of all the member only stuff the center has just for you! You must purchase a teen club membership card before participating in any of the after-school programs and activities or pay the daily drop in fee of \$4.50.

Join anytime during the school year.

SPRING BREAK

Traveling Teens

Ages 12-17

Do not let your spring break go to waste - experience a new adventure each day! Camp requires independence, responsibility, and good judgment from participants. Personal items and care are the responsibility of the participant. Cost includes supervision, van transportation, and admissions. Bring a sack lunch bathing suit and towel each day.

Paint Ball

1, 9.5 hour session TOH \$63/NR \$63
March 29
 4839.101 M 8am-5:30pm

Bowling

1, 9 hour session TOH \$29/NR \$29
March 30
 4839.201 T 8am-5pm

National Aquarium DC

1, 9 hour session TOH \$25/NR \$25
March 31
 4839.301 W 8am-5pm

Laser Tag

1, 9 hour session TOH \$29/NR \$29
April 1
 4839.401 Th 8am-5pm



Natural History Museum plus a stop at ESPN Zone

(bring money for lunch and games at ESPN Zone)

1, 9 hour session TOH \$15/NR \$15
April 2
 4839.501 F 8am-5pm





Town of Herndon Town Council

Steve J. DeBenedittis, Mayor
 Connie Hutchinson, Vice Mayor
 Richard F. Downer, Councilmember
 Dennis D. Husch, Councilmember
 David A. Kirby, Councilmember
 William B. "Bill" Tirrell, Sr., Councilmember
 Charlie D. Waddell, Councilmember
 Arthur A. Anselene, Town Manager

Parks & Recreation Department Staff

Cindy Roeder, Director
 Ann Marie Heiser, Deputy Director
 Administrative Assistant, Vacant
 Lori Rowland, Office Assistant
 Wayne Thomas, Office Assistant
 Cynthia Hoftiezer, Projects Coordinator
 Abby Kimble, Marketing Specialist
 Kerstin Severin, Aquatic Services Manager
 Drew Kreutter, Pool Operations Manager
 Bruce Andersen, Swim Team Coach
 Kevin Breza, Aquatics Program Assistant
 Tom Wissinger, Community Center Manager
 Dave Zakrzewski, Community Center
 Head Supervisor
 Liz Kamp, Fitness Specialist
 Jeff Burden, Personal Trainer
 Bob Hilferty, Indoor Tennis Manager
 Nancy Diecidue, Preschool Director
Recreation Services Supervisors
 Ann Hoy, Special Interest, Arts & Crafts
 Holly Popple, Performing Arts
 Taacha Brown-Drummond, Sports, Fitness
 Mike Hotze, Teens, Trips
 Naturalist, Vacant



Fit Kids Ages 3-7

Fit Kids is not the physical education class you remember from elementary school! This is children's physical fitness and tumbling designed to work on your child's motor skills, flexibility and strength, while developing hand eye coordination by participating in relays, balance games, tumbling, jumping, and obstacle courses. Music and creative movement added to exercise makes fitness playful and fun. Healthy bodies build healthy minds.



Ages 4-7
12, 1 hour sessions TOH \$72/NR \$90
March 10-June 2
 4724.100 W 3:15-4:15pm
Ages 3-4
12, 1 hour sessions TOH \$72/NR \$90
March 10-June 2
 4714.101 W 1-2pm



**Kid
Friendly Trips**
 See p. 28-29

PETITE SOCCER

U.K. Petite Soccer Ages 3-6

Want to get a head start on fall soccer? A fun introduction to the game of soccer that includes confidence building, social skills building with other children, motor skill and coordination development, and exciting soccer games in a safe environment. Instruction provided by U.K. Elite Soccer. No cleats needed, program held in the gymnasium. To be held at Herndon United Methodist Church, 701 Bennett Street.

Ages 3-4
6, 45 minute sessions TOH \$71/NR \$95
April 15-May 20
 4901.100 Th 11-11:45am
Ages 4-6
6, 45 minute sessions TOH \$71/NR \$95
April 15-May 20
 4901.101 Th 1-1:45pm
 4901.102 Th 2-2:45pm

Multi-Sports Program

Ages 3-8
 Does your child love sports, making new friends and being part of a team? Staff from Falcon Sports Academy will introduce soccer, golf, tennis, basketball, and t-ball. Focus will be on motor skills, hand-eye coordination development, and sport safety. Whether it is your child's first time playing sports or if they have played sports before or want to experience a new sport - this program is for your child. Class will meet at Bready Park Pavilion.

8, 55 minute sessions TOH \$85/NR \$107
Ages 3-4
April 10-June 5
 4901.103 Sa 11-11:55am
Ages 5-6
April 10-June 5
 4901.104 Sa 10-10:55am
Ages 7-8
April 10-June 5
 4901.105 Sa 9-9:55am
 No class May 29

KID'S NIGHT OUT

Ages 5-11

This program offers an opportunity for parents to enjoy a night out while their children participate in gym games, arts and crafts, movies, and much more. Cheese pizza will be served at 7pm, and a movie will be shown at 8pm. This is not a drop-in program. You must pre-register to participate.

1, 3.5 hour session TOH \$12/NR \$12
March 5
 4629.501 F 6:30-10pm
April 9
 4629.502 F 6:30-10pm
May 7
 4629.503 F 6:30-10pm
June 11
 4629.504 F 6:30-10pm

Kiddie Play Zone

Ages Walking-5

Bring your toddler and enjoy open play, tumbling on the mats, and kiddie basketball. This is a great way to socialize your children. Kids can run and exercise in the entire gym.

14, 1 hour sessions TOH \$4/NR \$4
Spring Season Pass-\$40
March 10-June 9
 4610.101 W 10:30-11:30am
 No Class on March 31

Spring Break Camp

Ages 6-11, Rising Grades 1-6

Our Spring Break Camp program provides a fun, safe, supervised and positive place for children at the Herndon Community Center. Children will experience arts and crafts, sports, games and swimming in our indoor pool. Please wear appropriate clothing for these activities, and pack a full lunch with snack each day.

5, 10.5 hour sessions TOH \$87/NR \$109
March 29-April 2
 4121.001 M-F 7:30am-6pm



Introduction to Wire Work

Ages 16 & up

Designed for beginners, students will become familiar with the basic tools and the different gauges of wire. Learn how to wrap a basic loop and how to build a cage for a stone or crystal. Students will complete a beautiful wire project. Purchase supplies from instructor for \$15.

1, 3 hour sessions TOH \$30/NR \$30
May 20
 4141.012 Th 6:30-9:30pm

Wire Crochet Necklace

Ages 15 & up

A perfect class for students to learn crochet with no prior experience needed. Students will be introduced to wire crochet by using fine gauge wire and beads of choice to create a stunning necklace. All students will be able to design and finish a necklace during class. Purchase supplies from instructor for \$10-15.

1, 2.5 hour sessions TOH \$25/NR \$25
April 8
 4141.013 Th 6:30-9pm
April 15
 4141.014 Th 6:30-9pm

Pearl Knotting

Ages 15 & up

Students will make a necklace or bracelet with pearls or semi-precious beads of their choice. Technique will be the focus as students learn to knot with tweezers on a single strand of silk using a bead tip to attach the clasp. Purchase supplies from instructor for \$15.

1, 2.5 hour sessions TOH \$25/NR \$25
March 11
 4141.015 Th 6:30-9pm

Drawing for Pleasure

Ages 12 & up

This class is for beginning and continuing students. Increase your drawing skills, learning many of the little tricks which help with drawing accurately. We will do "right brain" exercises, review simple perspective and learn to look for values and underlying basic shapes. We will continue learning to draw faces and a variety of new subjects.

7, 1.5 hour sessions TOH \$105*/NR \$130*
May 4-June 15
 4141.010 T 5:30-7pm

ABC's of Beading

Ages 15 & up

This class is great for beginners or anyone who wants to learn the correct way to string and finish a beading project. Students will be introduced to a variety of supplies which can be used for beading. All students will be able to design and finish a necklace or bracelet during class. Purchase supplies from instructor for \$10-15.

1, 2.5 hour sessions TOH \$25/NR \$25
March 18
 4141.016 Th 6:30-9pm
March 25
 4141.017 Th 6:30-9pm

Viking Knit Bracelet

Ages 15 & up

Come to this fun and exciting class to learn the oldest technique of knitting and weaving with fine wire to make a beautiful bracelet. No prior experience needed. All tools and supplies provided in class. Purchase supplies from instructor for \$15.

1, 3 hour session TOH \$30/NR \$30
May 13
 4142.024 Th 6:30-9:30pm

Exploration in Watercolor

Ages 16 & up

Subjects will be determined by students on the first day of class. This semester the emphasis will be to continue working on varied painting surfaces. We will explore painting on gessoed paper, rice paper, hot press paper, and Yupo. Ideas from Exploring Watercolor by Elizabeth Groves will be discussed. There will be weekly critiques and regular demonstrations of subjects.

7, 2 hour sessions TOH \$120*/NR \$168*
May 4-June 15
 4141.009 T 7:30-9:30pm



Drawing and

Watercolor

Ages 10-Teens

This class is especially designed for young people who would like to begin working with paints. They will have a supply list and will need to bring their supplies the first day ready to begin painting. Drawing skills and techniques in using watercolor in a variety of ways will be covered.

7, 1.5 hour sessions TOH \$105*/NR \$130*
May 4-June 15
 4141.011 T 4-5:30pm

POTTERY

Beginning Wheel

Ages 16 & up

Beginners will learn the basic techniques of throwing on the wheel to include, wedging, centering, pulling, trimming, use of tools and glazing techniques. Begin this wonderful craft with good habits & positive feedback in every class. *Although designed for the beginner, all skill levels are welcome.* Students should bring a towel to class. Use of tools and 25 lbs clay included; additional clay may be purchased.

8, 2.5 hour sessions TOH \$150/NR \$188
March 15-May 3
 4141.001 M 6:30-9pm

Beginning II and Intermediate Wheel

Ages 16 & up

For students with some previous wheel experience. This class will focus on perfecting throwing skills using larger amounts of clay to create both decorative and composition forms, such as vases, bottles, teapots, casseroles and covered jars. Students should bring a towel to class. Use of tools and 25 lbs of clay included; additional clay may be purchased.

8, 2.5 hour sessions TOH \$150/NR \$188
March 17-May 5
 4141.002 W 6:30-9pm

Pottery Lab

Pottery Lab is available to students enrolled in our pottery classes. Learning to use the potter's wheel takes patience, focus and practice – this is a great opportunity to work on your own with someone here to help you as needed. Purchase clay for an additional fee. Pay weekly or purchase a pass for the semester.

\$8 each night or \$45 for pass
Ongoing beginning March 19
 4141.003 F 6-9pm



Paint Your Own Pottery with Clay Café Studios

Ages 5 & up

Great way to make a gift. All items are food safe and finished items will be returned one week later. All paints, materials, supplies, and instructions will be provided.

Paint a Lucky Shamrock Dish

Ages 4-12

Paint your very own lucky shamrock dish for good luck. All materials and instructions provided, everything is child safe, food safe and non toxic. Finished items will be ready for pick up at the Herndon Community Center the following Friday. Additional materials fee of \$5, payable to the instructor at class.

1, 45 minute session TOH \$10/NR \$10

March 10

4121.003 W 6-6:45pm

March 13

4121.004 Sa 11-11:45am

Paint a Puppy, Kitten or Bunny

Ages 4-12

Paint a cute little puppy, kitten or bunny, perfect for display or as a spring treat. All materials and instructions provided, everything is child safe, food safe and non toxic. Finished items will be ready for pick up at the Herndon Community Center the following Friday. Additional materials fee of \$5, payable to the instructor at class.

1, 45 minute session TOH \$8/NR \$8

April 21

4121.005 W 6-6:45pm

April 24

4121.006 Sa 11-11:45am

Paint a Mother's Day Mug

Ages 4-12

Paint a Mother's Day mug for your special mom. All materials and instructions provided, everything is child safe, food safe and non toxic. Finished items will be ready for pick up at the Herndon Community Center the following Saturday for Mother's Day. Additional materials fee of \$5, payable to the instructor at class.

1, 45 minute session TOH \$8/NR \$8

May 5

4121.007 W 6-6:45pm



Paint a Father's Day Mug

Ages 4-12

Paint a Father's Day mug for your special father. All materials and instructions provided, everything is child safe, food safe and non toxic. Finished items will be ready for pick up at the Herndon Community Center the following Saturday for Father's Day. Additional materials fee of \$5, payable to the instructor at class.

1, 45 minute session TOH \$8/NR \$8

June 12

4121.008 W 6-6:45pm

Creative Preschoolers

Ages 3-6

Bring out the creativity in your preschooler with this fun and motivating craft class. Come with an adult and have fun experiencing different arts and crafts projects. Each week your child will experience different mediums to create three unique projects. Please have your child wear old clothes.

8, 1 hour sessions TOH \$95/NR \$110

March 16-May 11

4121.010 T 10:30-11:30am

8, 1 hour sessions TOH \$95/NR \$110

March 17-May 12

4121.013 W 10:30-11:30am

No class March 30-31

Boyd's Bear Country All Ages*

Come visit the "World's Most Humongous Teddy Bear Store™" and the flagship store of The Boyds Collection Ltd®. Trip includes transportation by 24 passenger bus, buffet lunch, and admission. Must register by March 29, No refunds after March 29.

**Participants under the age of 18 must be accompanied by paying adult.*

1, 8 hour session

Adults \$61/Children Ages 2-11 old \$58

April 24

4869.603 Sa 8am-4pm



YOUTH COOKING CLASSES

Adult/Child Cooking Class

Ages 6-17

Three Easy Entrees

Cooking with your kids is not just fun, it's good for you. We'll make chicken fajitas, lemon-pepper salmon and spaghetti pie, which you'll take home, bake and share with the rest of the family. Dinner is done. These recipes are healthy and quick to prepare.

1, 1 hour session

March 12

4120.017 F 6:30-7:30pm

TOH \$30/NR \$30 a pair

Grilled Cheese and Fruit Salad

Ages 6-17

Learn to make potato chipped grilled cheese and fruit salad.

1, 1 hour session

April 19

4120.016 M 4-5pm

TOH \$20/NR \$20

ADULT COOKING

Fish Three Ways

Fish is the perfect fast food for busy weeknights. Learn to make three healthy, quick and delicious dishes: chili-lime salmon, garlic shrimp and fish tacos.

1, 1 hour session

March 25

4645.015 Th 6:30-7:30pm

TOH \$25/NR \$25

Salad for Dinner

We'll make two vegetarian protein packed salads: quinoa with a citrus-honey dressing and a tomato feta lentil salad.

1, 1 hour session

May 6

4645.016 Th 6:30-7:30pm

TOH \$25/NR \$25



DC Museums All Ages*

Want to see one of our nation's best museums? Hop aboard our van and we will take you there. Drop off and pick-ups at the Natural History and Holocaust Museum. Trip includes transportation by 15 passenger van. Pick-up at Herndon Senior Center and Kendrick Court is available upon request. Must register by March 8. No refunds after March 8.

1, 8 hour session TOH \$10/NR \$10

March 17
4869.301 W 9am-5pm

National Cherry Blossom Festival All Ages*

Bring the whole family and celebrate the gift of the cherry blossom trees and their symbol of enduring friendship between the citizens of Japan and the United States. This city wide festival has something for everyone and is timed in conjunction with the peak blooming period of the trees. Trip includes transportation by 15 passenger van, and lunch is on your own. Pick-up at Herndon Senior Center and Kendrick Court is available upon request. Must register by March 8. No refunds after March 8.

1, 8 hour session TOH \$10/NR \$10

March 27
4869.601 Sa 9am-5pm

Mount Vernon All Ages*

Enjoy a day at Mount Vernon and learn how our first president lived. You will have access to the Mansion house and more than a dozen outbuildings. Trip includes transportation by 15 passenger van, and admission. Lunch on your own. Pick-up at Herndon Senior Center and Kendrick Court is available upon request. Must register by March 22. No refunds after March 22.

1, 8 hour session TOH \$28/NR \$28

April 10
4869.602 Sa 9am-5pm

Newport and Foxwoods, RI Ages 21 & up

Prepare yourself for an experience you will never forget. Your visit will include 4 days and 3 nights at the Two Trees Inn at Foxwoods Casino Resort, tour of Newport and a visit inside one of the magnificent mansions, and a day trip to Mohegan Sun Casino Resort. Trip includes transportation, three nights lodging, three breakfasts, and three dinners. Must register by March 8. No refunds after March 8.

May 10-May 13 4869.101 M-Th, 8am-10:30pm
Single \$520; Double \$375 Per Person

**Smokey Joe's Café at Riverside Ages 55 & up**

A musical theatrical revue showcasing 39 of the greatest rock 'n roll and rhythm & blues hits ever recorded from the songs of Jerry Leiber and Mike Stoller. Electrifying entertainment re-sounds from an all-star cast singing the standards On Broadway, Fools Fall in Love, Yakety Yak, Hound Dog, Poison Ivy, Jailhouse Rock, Spanish Harlem, Charlie Brown, and Stand By Me, together with 30 others from the golden age of American pop culture. Trip includes transportation by 24 passenger bus, lunch, taxes, live Broadway musical, and gratuity. Must register by March 29. No refunds after March 29.

1, 8 hour session TOH \$90/NR \$90

April 21
4869.302 W 9am-5pm

Annapolis by Land and Sea All Ages*

Need to see Annapolis by land and sea? On this trip we will take a 1 hour trolley tour followed by a tour of the State House, and then lunch. To top off this trip, enjoy a one hour harbor cruise in order to see all Annapolis has to offer. Trip includes transportation by passenger bus, trolley ride, and harbor cruise State House tour, and lunch. Pick-up at Herndon Senior Center and Kendrick Court is available upon request. Must register by April 12. No refunds after April 12.

1, 8 hour session TOH \$91/NR \$91

May 8
4869.604 Sa 9am-5pm

**Participants under the age of 18 must be accompanied by paying adult.*

Great Country Farms All Ages*

Enjoy a day out of the City as we visit Great Country Farm. Give a try at finding your way out of the maze, slide down one of the 60' slides, feed some of the farm animals, or pick some of your own seasonal vegetables or fruits (at market price). Trip includes transportation by 15 passenger van and admission. Lunch on your own. Must register by April 26. No refunds after April 26.

1, 8 hour session TOH \$17/NR \$17

May 22
4869.605 Sa 9am-5pm

**Longwood Gardens All Ages***

Exquisite flowers, majestic trees, dazzling fountains, extravagant conservatory, all describe the magic of Longwood Gardens. Trip includes transportation by 24 passenger bus, 1 hour tour, lunch is on your own. Pick up at Herndon Senior Center and Kendrick Court is available upon request. Must Register by May 24. No refunds after May 24.

1, 12 hour session TOH \$79/NR \$79

June 12
4869.606 Sa 8am-8pm

Pirate Cruise All Ages*

During this 40-minute cruise, children of all ages will be entertained with music and tales of piracy on the Potomac River. This cruise will also feature Alexandria's historic seaport and its landmarks. Trip includes transportation by 15 passenger van and admission. Must register by May 24. No refunds after May 24.



1, 4.5 hour session Adults \$22
Children 2-11years old \$17

June 19
4869.607 Sa 9am-1:30pm



See trip to
Boyd's on
p. 28



REFUNDS

Time Frame	Refund	Credit on Account
3+ days before class/program starts	Full with service charge	Full
2 days before program starts until beginning of class	No*	Full
After program starts up to halfway point of class/program	No*	Prorated
After halfway point of program	No*	Lesser of 25% of original fee or prorated sessions remaining
*Exemptions: Medical reasons (with a doctor's note preventing participation in class/program) or relocation of 20 or more miles	Prorated, no service fee	Prorated

1. Full refunds are issued if classes are already filled or a class is canceled due to minimum enrollment not being met.
2. Service charge is 20% of registration fee with a maximum of \$10 and applies to refunds but not credit on account.
3. All refunds are made by credit card or Town check depending on initial method of payment.
4. Prorated values are calculated based on the remaining classes at the time the request is received by the Department.
5. No refunds or credit on account are given to those who have insufficient fund balances.
6. Some programs including trips, events, swim team and preschool have a more stringent refund policy that is noted in the program information.
7. Admission passes are non-refundable, except due to medical circumstances or relocation more than twenty miles away.

CLASS CANCELLATIONS

The TOH reserves the right to cancel any class/workshop that does not meet minimum enrollment. If your class is canceled, you will be notified and all fees will be refunded. We encourage you to register a week or more before the scheduled start date to help ensure a class is not canceled due to low enrollment.

PARTICIPATION OPEN TO ALL

HCC programs and facilities are open to all citizens regardless of race, color, national origin, sex, age, or disability. The TOH supports the Americans with Disabilities Act by making reasonable accommodations for persons with disabilities, so that they may participate in services, programs, or activities offered by the TOH. Please call 703-787-7300 or 1-800-828-1120-TDD at least two weeks in advance to discuss any accommodation that may be necessary to allow for participation.

WHAT DOES TOH and NR MEAN?

The Town of Herndon Parks and Recreation Department (TOH) operates the Herndon Community Center (HCC). The TOH offers discounts and priorities to its citizens.

- Town of Herndon (TOH) residents receive a discount on classes and programs. This discount does not apply to classes meeting three times or less, leagues, trips or special events.
- Town of Herndon (TOH) residents receive a discount on admission fees to the HCC. The fee schedule is noted on page 2 of this brochure.
- Town of Herndon (TOH) residents will receive priority in registering for classes if registration is received by the first advertised registration date.
- Non Town of Herndon Residents (NR) are people living outside the Town of Herndon limits.

HOW DO I KNOW IF I LIVE IN THE TOWN OF HERNDON?

An easy indicator is if your car personal property tax sticker is from the Town of Herndon. Not all Herndon addresses are in the TOH proper. If you have questions, please call us at 703-787-7300 or go to: www.herndon-va.gov, which leads to the Town's web page. Click on Parks and Recreation on the left side of the page, click on About Parks and Recreation, then click on Frequently Asked Questions.

CAN I STILL PARTICIPATE IF I DON'T LIVE IN THE TOWN?

Absolutely YES! Non-TOH residents are welcome. Registration for non-TOH residents will begin at 10am on February 23.

FORMS & FEES

Use one form for each household. Checks should be made payable to the "Town of Herndon." Registrations with incorrect payment will be returned unprocessed.

HOW REGISTRATION WORKS

Town of Herndon residents receive priority in the registration process. Open registration by any of our six convenient registration methods will begin for **TOH-residents at 10am on Wednesday, February 17. Open registration for Non-TOH-residents will begin at 10am on Tuesday, February 23.**

SUPPLIES/EQUIPMENT

You should wait until 3 days before the class starting date and check with the Recreation Department prior to purchasing supplies.

ATTENTION SENIORS!

Senior adults age 64 and over by Dec. 31, 2009, receive a 50% discount on classes, except where noted.

Proof of residency may be required.

REGISTRATION OPTIONS:

Open Registration dates apply to ALL registration options - 10am on February 17 for TOH Residents, and 10am on February 23 for Non-TOH Residents. Registration options are listed in order for the best advantage. Options 4, 5, 6 are processed after option 3 on opening day.

1. ONLINE registration access requires a customer ID number and password before beginning online registration. Allow up to 2 business days to complete the application process and receive your ID number and password. Detailed instructions on the online registration process are available at www.herndon-va.gov. Once your account is established, and the registration period has opened, you may enroll online any time. Registration for classes with this icon is not available online. *Acceptance of our liability waiver will be required prior to registration.*



2. TOUCHTONE registration is available 24-hours-a-day. With a customer identification number and password, you can call our automated registration line at 703-707-2662 and register over the phone. Call the Community Center at **703-435-6800, ext 2100** to obtain customer identification numbers for yourself and your family members and your password. Registration for classes with this icon is not available through touchtone. (Credits on account cannot be applied through touchtone.) *Signature on our liability waiver will be required prior to participation. Credits on account cannot be accessed in Touch Tone Registration.*



3. IN PERSON registration beginning 10am, February 17, for TOH residents, and 10am, February 23, for nonresidents. Walk in to the reception desk at the HCC anytime during regular business hours (see Community Center Hours – page 2).

4. MAIL a completed form and check, money order or credit card payment to: **Herndon Parks and Recreation P.O. Box 427, Herndon, VA 20172**

5. FAX a completed form with a VISA, Master Card, American Express or Discover number and expiration date to: **703-318-8652. (Faxed registrations cannot be verified. A receipt will be mailed when processed.)**

6. DROP OFF a completed form with check, money order, or credit card payment into the drop boxes at the reception desk of the HCC, 814 Ferndale Ave., Herndon, VA 20170.

NOTICE: In accordance with the Code of Virginia, a fee in the amount of thirty-five dollars (\$35) will be collected for every check returned to the Town of Herndon.



Registration Guidelines

Use one form for multiple class registrations

Complete this form and be sure to note:

1. Your first, second, and third choices.
2. Please use one form per household.

TOH = people who live in the Town of Herndon limits
NR = people living outside the Town of Herndon limits

Registration for Town of Herndon Residents begins on **Wednesday, February 17** at 10am at the HCC.
Registration for Non-Town of Herndon Residents begins on **Tuesday, February 23** at 10am at the HCC.

PHONE: 703-787-7300
FAX: 703-318-8652

Spring 2010 Herndon Parks and Recreation Registration Form

ONE PER HOUSEHOLD. PLEASE PRINT CLEARLY IN INK.

HEAD OF HOUSEHOLD: LAST _____ FIRST _____

ADDRESS _____

CITY/STATE/ZIP _____ HOME PHONE _____

WORK PHONE _____ EMAIL _____

Participant Name	Birthdate	Gender (circle)	1st Choice Class Code	Class Title	Fee	2nd Choice Class Code	3rd Choice Class Code
Jane Doe (example)	7/1 /99	M(Ⓔ)	0000.000	Level 4	\$68	0000.000	0000.000
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					

SPECIAL ACCOMMODATIONS: Call 703-787-7300 to speak with program supervisor.

MAKE ONE CHECK FOR EACH CLASS PAYABLE TO: TOWN OF HERNDON

All returned checks are subject to a \$35 fee



MAIL TO:

Herndon Parks and Recreation
P.O. Box 427, Herndon, VA 20172-0427

CHANGE OF ADDRESS/PHONE/EMAIL? ☐ YES ☐ NO

REFUNDS: A 20% service charge will be accessed (\$10 maximum) up to 3 days before start of program. Less than 3 days, refunds will be given only for medical reasons or relocation of at least 20 miles from Town of Herndon.

OFFICE USE – Processed by: _____

Payment Method C CK CC LC

AP# _____ Date Paid _____

IF PAYING BY CREDIT CARD, COMPLETE THE FOLLOWING:

☐ VISA ☐ Mastercard ☐ American Express ☐ Discover

CREDIT CARD # _____ EXP. DATE _____

PRINT NAME OF CARD HOLDER _____

SIGNATURE _____

RECREATION CONSENT: I realize that participation in recreational activities and transportation to and from these activities, if provided through this program, may involve risk. I consent to participate in these activities, and assume this risk. I realize that I may consult my physician concerning my fitness to participate. I give the Town of Herndon's employees, officers, agents, and volunteers on behalf of the Town, authority to administer or to procure for me any medical attention they may deem necessary if I am injured while participating in these activities. I am signing and returning this form to the Town of Herndon in consideration of the Town providing the opportunity to participate in these activities. If I am a minor, my parent or guardian is signing this for me. Participants in activities sponsored or cosponsored by the Parks & Recreation Department consent to the department's use of any photograph, film or videotape of the activity in any marketing or promotional material.

PRINT NAME OF PARENT OR GUARDIAN _____

SIGNATURE OF PARTICIPANT, PARENT OR GUARDIAN _____



**Town of Herndon
Parks and Recreation**

P.O. Box 427
Herndon, VA 20172
www.herndon-va.gov



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30th Annual Herndon Festival Historic Downtown Herndon June 3 – 6, 2010

- Three Stages of Entertainment
- Arts & Crafts Vendors
- Fireworks – Thurs. & Sat.
- Childrens' Hands-On Art Area
- 10K/5K Race & Fitness Expo
- K-9 2K & Doggie Expo
- Carnival
- Food Vendors
- Business Expo

**Great
Family Fun**



Herndon Festival 10K & 5K RACE Sunday, June 6

Runners take your mark and start training for the June 6 races. Both races will take you through historic downtown Herndon during Herndon Festival weekend. Awards are presented to the top two finishers in each age group from 10 & under to 70 & over. Refreshments for runners will be provided at the conclusion of the race. Please call **703-435-6800 x 2106** to be placed on the mailing list or for more information. Online registration available at **www.active.com**.

703-787-7300

www.herndonfestival.net

Produced by Herndon Parks & Recreation Department

EASTER EGG HUNT

Rain or Shine

**Herndon High School Front Lawn, 700 Bennett Street
Saturday, April 3**

Join the Easter Bunny for all the Eggcitement at the Herndon Parks and Recreation Annual Easter Egg Hunt for over 7,500 candy and toy-filled eggs. As part of your registration, you and your children can visit Funland which includes a magic show, petting zoo, and a moon bounce. The Easter Bunny will join us for great photo opportunities. Each age group will have their own egg hunt time. Bring a basket or bag for collecting eggs.

On-site Registration 9:30-10:30am

Funland 10am-12:30pm

\$7-Advance/\$9-On site

Egg Hunt for ages walking - 3	4569.601	10:30am
Egg Hunt for ages 4 - 5	4569.602	11:00am
Egg Hunt for ages 6 - 7	4569.603	10:45am
Egg Hunt for ages 8 - 9	4569.604	11:15am



**New
Event**

Aqua Egg Hunt

**Saturday, March 27 - Ages 12 & under
Herndon Community Center Pool**

Kids, grab your swimsuits and goggles and get ready to hunt for Easter eggs in the pool! Some will be floating and some will be on the bottom. Collect as many eggs as you can and redeem for prizes. After your hunt stay for open swim immediately following after the last hunt. Mesh bags provided to collect eggs. Swim attire required. No mesh shorts.

Pre-registration preferred but you can register up until 15 minutes prior to the hunt on day of the event. Each age group hunt will start on time, be prepared to enter water at the appropriate time.

\$10-includes one parent and one child

6 & under	1pm		
pool training area and/or 3 ½ feet area of pool (6 yrs and under need to be accompanied by parent in water)			4569.605
7 & 8 years	1:15pm	entire pool	4569.606
9 & 10 years	1:30pm	entire pool	4569.607
11 & 12 years	1:45pm	entire pool	4569.608

